FAST FOOD?
CHICKEN SOUP ON THE TABLE IN LESS THAN 30 MINUTES {page 19}

STAYING CHILD-FREE
SAYING YOU DON'T WANT TO HAVE KIDS NO LONGER TABOO {page 18}

OC TRANSPO DRIVER'S YOUTUBE RANT DRAWS ANGRY REACTION {pages 3 & 12}

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OTTAWA metro®
Monday, November 7, 2011
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News worth sharing.

Man conned at Occupy protest

Victim believes he was targeted because he trusted scammer, told him he'd had brain surgery as child

A vulnerable young man who says he was conned into putting $600 on his credit card will likely get his money back after he spoke up about the fraud this weekend.

Kader Diabate, a 19-year-old Occupy Ottawa protester, said a man who was also staying at Occupy camp offered to get him a free phone and took him to the Telus store at the Rideau Centre last Saturday.

"But actually the phone wasn't free," said Diabate.

Diabate put a $600 charge on his credit card, but the phone wasn't set up in his name and when the fraudster returned to the camp he kept the phone.

"The guy was around the park showing everyone, 'Look at my new phone,'" said Diabate.

The man promised to pay Diabate back — claiming that he was a paramedic — but left the camp a couple of days later without paying and now is nowhere to be found, said Diabate. Ottawa paramedics say no one by the alleged fraudster's name currently works for the service. Diabate filed a police report and spoke with a Telus representative on Saturday.

A Telus spokesperson said the account has been suspended and Diabate will probably get his money back. JESSICA SMITH

JESSICA SMITH/METRO

▶ Kader Diabate, 19, says the scam he fell victim to isn't an Occupy Ottawa issue. "It's an issue of one individual who we thought was a good individual, but ended up being a fraud," he said.

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Concern for new veterans amid memories of old

JOE LOFARO/METRO

▶ War veterans Stanley Fields, left, and Charlie Kelly at the Strathcona Remembrance Day ceremony Sunday.

Second World War veterans, cadets, and local city councillors laid wreaths at Beckwith Memorial Gate yesterday in a pre-Remembrance Day ceremony to honour fallen heroes from east Ottawa.

But thoughts were as much on the future as the past.

The service came a day after the Canadian Veterans Advocacy group held protests in several cities across the country, including Ottawa, to slam the federal government's proposed cuts at Veterans Affairs Canada. The feds plan to reduce the department's budget by $226 million starting next year.

With fewer Second World War and Korean War veterans today, the government expects a decrease in the number of veterans who will benefit from the department's programs.

Rev. Georges Winters of the Royal Canadian Legion's Strathcona Branch said the proposed cuts are a concern because there will always be veterans who will need funds.

"The younger people are annoyed that they're robbing Peter to pay Paul within other governmental department and maybe they're not taking into consideration that all veterans are not old people," said Winters. "We've got veterans from Afghan wars and from other conflicts."

"We monitor it as well as we can," he said. "The government is the government." ● JOE LOFARO/WITH FILES FROM THE CANADIAN PRESS

Cuss-laced threats anger public

Man repeatedly uses F-word in angry rant

JESSICA SMITH
@METRONEWS.CA

A video uploaded to YouTube that appears to show an OC Tranpo driver threatening a passenger in an expletive-filled rant has provoked an outpouring of rage on social media.

"When I open that (expletive) door, you get out and you don't say an (expletive) word or I'm going (expletive) to kick your own (expletive) ass," says an angry voice coming from the front of the 96 to Kanata.

When the bus stops, a young man turns around and runs out the back door, yelling "sorry" behind him.

Yesterday local Twitter feeds were dotted with angry comment demanding OC Transpo management take action.

"Like anyone I am very disturbed by what I have seen and heard and want to see a thorough investigation conducted."
TWEET FROM MAYOR JIM WATSON ABOUT THE VIDEO

The video's poster wrote on YouTube he was alone on the bus with a 20-something passenger and the driver when the other passenger started speaking loudly into his phone saying he "sleeps on the ground, run(s) around with no clothes on, tries to be as spontaneous as possible, that he hates pregnancy and loves nudity."

Then the driver yelled at him, the young man apologized and said he had a mental illness, the poster wrote.

"Shut up. Shut your ignorant (expletive) cake hole … If you don't shut your (expletive) face I'm going to stick my fist in it," the driver says in the video.

Alain Mercier, general manager of OC Transpo, released a statement saying officials are taking the situation "very seriously."

"OC Transpo is investigating and appropriate action will be taken based on the findings. As in all workplaces, personnel matters are confidential, and we do not comment on any action(s) taken in relation to employees," Mercier said in the statement.

Union cautious

▶ Amalgamated Transit Union local 279 president Garry Queale was guarded with his comments, telling CJOH he'd like to see what happened just before the start of the video.

YOUTUBE

▶ In this still from the YouTube video we see the back of the young man who was the subject of the profanity-filled tirade.

News in brief

Teens injured in rollover

MINIVAN. An early-morning rollover on a major highway south of Ottawa sent four teens to hospital, two of them seriously hurt.

Paramedics were called to a crash on Highway 417 near Boundary Road at 3 a.m. yesterday.

They found a minivan had rolled over, ejecting one of the passengers, a 15-year-old girl. Police say the collision fractured her pelvis. The van's 16-year-old driver was found in the vehicle with a serious head injury. Two 19-year-old passengers were treated for back injuries. It's unclear at this time what caused the crash.
THE CANADIAN PRESS

Woman dies in vehicle crash

GATINEAU. A woman was killed in a single-vehicle rollover on Chemin Klock in the Aylmer area of Gatineau on Saturday afternoon, said police.

Officers are investigating the crash, but at this point do not know what led to the crash or if alcohol or speed played a role.

A 26-year-old woman was pronounced dead in hospital after the crash and a 36-year-old man was treated for serious injuries to his legs, said police.

The Pontic Grand AM was traveling north on Chemin Klock when it crash, and rolled over, at about 3:46 p.m. on Saturday, said police.
● JESSICA SMITH

2 pedestrians struck by car

KNOCKED UNCONSCIOUS. A car crash on Bronson Avenue near Slater Street between two minivans and a taxi hospitalized two pedestrians with serious injuries yesterday afternoon. Bystanders flagged down a paramedic unit on a nearby street. A 20 year-old woman suffered a broken leg, while a 21-year-old man was knocked unconscious with what paramedics said was a "closed head injury." ● METRO

Rogers House gets a boost

SUITE DEAL. The Sens Foundation raised more than $116,425 at the ninth annual Roger's House Telethon on Sportsnet. One major donors to the Friday night broadcast was Senators owner Eugene Melnyk, who put up several suite packages in return for donations, and pledged $10,000 to match contributions made during the in-bowl collection.
● METRO

1 news

The families of workers killed by exposure to asbestos are begging the Quebec government not to finance the revival of an asbestos mine. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

The Canadian equestrian community is mourning Hickstead, a horse that helped rider Eric Lamaze win a pair of Olympic medals. Video at metronews.ca/video

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Activist claims he was Tasered

Canadian professor says he's bruised but 'basically OK' after trying to run Israeli naval blockade

MIKE ARSENAULT
OTTAWA@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

A Canadian linguistics professor aboard a ship seized by Israeli forces while attempting to run a naval blockade of Gaza said yesterday he was Tasered while being taken into custody.

David Heap, 45, a professor at the University of Western Ontario, was working with the Canadian Boat to Gaza — a group aiming to stop the Israeli-backed naval blockade of Gaza — when he and about 20 others were taken captive.

During a visit with lawyers in his prison cell, Heap managed to draft a letter informing people of the activists' ordeal. The letter was posted on the Canadian Boat to Gaza's website, Tahrir.ca.

One of the other Canadians detained, Montrealer Ehab Lotayef, was imprisoned with Heap, the statement suggested. The third Canadian, Torontonian Karen DeVito, was apparently held separately.

Israel says the blockade, enacted back in 2007, is designed to prevent weapons from being smuggled into the Mediterranean port.

WITH FILES FROM THE CANADIAN PRESS

Reaction

- A spokesman for Foreign Affairs Minister John Baird says diplomats were closely watching the situation and "liaising with Israeli authorities" to provide consular assistance.
- Baird has warned in the past that Canada can't protect Canadians who break the laws of other countries.

Britain. Investigation

▶ Emergency-services workers attend the scene of a multiple fatal collision near Junction 25 on the M5 motorway in Taunton, England, Saturday.

MATT CARDY/GETTY IMAGES

Fireworks may have caused horrific crash

Police investigating the cause of a 34-car pileup on a major British highway that killed seven people and injured 51 are focusing on a fireworks display near the accident site. Initial reports suggested fog and wet road surfaces were partly to blame for the huge collision, but police said they have now zeroed in on the fireworks show after evidence taken from witnesses indicated that black smoke emerging from it may be the main culprit. Rescue workers have described the road accident as one of the deadliest in the country in years.

Man accused of throwing woman, kids over balcony

A man has been charged with three counts of attempted murder after a woman and her two young children plunged off a fourth-floor balcony in Toronto's east end.

Toronto police Staff Sgt. Mike Ervick says the children — a two-year-old and an eight-month-old infant — suffered life-threatening injuries, but adds that doctors at Sick Kids Hospital are hopeful both will survive.

He says their mother, believed to be in her 30s, is being treated for serious injuries at Sunnybrook Hospital and is expected to recover.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Late Saturday, a man allegedly threw a woman and two children through this fourth-floor window.

The 27-year-old man accused in yesterday afternoon's incident also went over the balcony but wasn't hurt in his fall.

Police aren't releasing his name to protect the identity of the victims.

He made a brief appearance in court this morning and has been remanded into custody.

Police say he is charged with three counts of attempted murder, three counts of aggravated assault, one count of an attempt to disarm a police officer and two counts of assault attempt to resist arrest.

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Arrests won't deter Atlanta protesters

Occupy Atlanta organizers said Sunday that they plan to again try to camp at a city park, setting up yet another showdown with police a night after multiple arrests during a rally that spilled into the streets.

The group was to hold its general assembly meeting last night before marching back to Woodruff Park downtown, said organizer Tim Franzen. Atlanta police spokesman Carlos Campos said police would continue to enforce the law.

THE ASSOCIATED PRESS

Curfew Clash

Anti-Wall Street protesters have been arrested across cities, mostly for curfew violations.

- **In Atlanta, 20 people** were arrested for refusing to leave the park or streets after the 11 p.m. curfew.
- **Franzen said most should** be released momentarily, except for one who was charged with aggravated assault.

Halifax protesters hold ground

Nova Scotia protesters remained in Grand Parade yesterday, even though Mayor Peter Kelly had asked they be out of the area by Saturday night for the upcoming Remembrance Day and Dignity Day ceremonies.

"We're making a political statement by staying longer than the 6th," said John Thibeau, a spokesperson for Occupy Nova Scotia.

The occupiers say they will completely vacate in time for the ceremonies on Wednesday. METRO

Occupy party over for mayor

Woman's death points to camp safety risk
Vancouver mayor has instructed city officials to look at closing the site safely and peacefully

The death of a woman at the Occupy Vancouver camp means the site has become so unsafe that it must be shut down as soon as possible, says Vancouver's mayor.

The 20-year-old woman was found unresponsive in a tent at the site in front of the Vancouver Art Gallery on Saturday afternoon, two days after a man suffered a non-fatal overdose at the encampment.

"There is a serious problem here and we want to address it urgently," said Mayor Gregor Robertson. The woman's death is tragic and is also upsetting for him because he has a 20-year-old daughter, he said.

Occupy Vancouver supporters tried to drown him out as he spoke to reporters, with one woman shouting that at least his daughter has a home.

"I think the protest on the really important issues that many of us are passionate about is being undermined by a tent camp and the issues around the right to camp on public space, which is really unfortunate," Robertson said.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Police officers and city officials stand at an entrance to the Occupy Vancouver site last Saturday. A woman at the protest camp died Saturday afternoon.

Occupy issues

Robertson said the city is looking at a number of options that includes a possible injunction to end the encampment.

- **The fire department** has ordered campers to take safety precautions such as spacing tents further apart, but their words have been ignored.
- **Vancouver police won't** release the woman's cause of death or her identity as they try to contact her family.
- **But, several people at the** protest site said she died of a drug overdose and heckled the mayor over public funding.
- **The Occupy Vancouver site** has become a major issue in the lead up to this month's civic election as Robertson vies to keep his job.

ADVERTISING FEATURE

Dr. Marie Matheson, BSc., ND

Ask the Naturopathic Doctor

Dear Dr. Marie,

Since I turned 50 I have not been able to sleep because I have been having night sweats, I'm tired all day, I can't seem to remember the simplest things, and my libido is low. Is there anything natural I can do to help this?

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Please join me at my clinic for a complimentary workshop on November 17th, 6:30-7:30pm called The Hormonone Connection to learn more. A dinner gift certificate is offered that night for all patients who book in.

Dr. Marie Matheson, BSc., ND is a licensed ND practicing at The Hampton Wellness Centre. To book an appointment or to reserve a spot at her workshop, please call 613-761-1600 or visit www.hamptonwellnesscentre.com.

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Tax files disappear

CRA auditor took tens of thousands of unecrypted files home

The confidential tax files of almost 2,700 Canadians are missing after a Canada Revenue Agency worker took them home and let a friend download them to a laptop.

The laptop has disappeared, the agency is scrambling to rewrite its security protocols and the privacy commissioner is asking why no one alerted her to the breach in confidentiality.

"Our office was not informed about this incident," said Anne-Marie Hayden, spokeswoman for Jennifer Stoddart, privacy commissioner of Canada. "We will be following up with CRA for further information on the issue."

The major breach occurred in early 2006, when an auditor in the agency's Toronto office asked a government computer technician to download 37,488 of her emails and 776 documents onto 16 CDs. The confidential material covered the years 2000 to 2006, and was not encrypted as required by agency rules.

The woman took the CDs home, and allowed a male friend to copy at least one of them to a laptop.

The breach only came to light when the woman produced the CDs during a grievance hearing before the Public Service Labour Relations Board in 2008. THE CANADIAN PRESS

ATI request

- The investigation report, along with related documents, was obtained under the Access to Information Act.

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Katsura Sunshine

English Rakugo Show

As the only foreign professional Rakugo storyteller currently in Japan, Toronto native Katsura Sunshine has undertaken apprenticeship under the great Master Katura Sanshi and has been seen on numerous Japanese television stations. Be prepared to laugh as he brings together his comic wit and this very historic form of storytelling.

What is Rakugo?
The Japanese traditional art of comic storytelling involves a sole performer on stage who relates a humorous tale before concluding it with a punchline. Over 600 Rakugo stoytellers work in Japan today.

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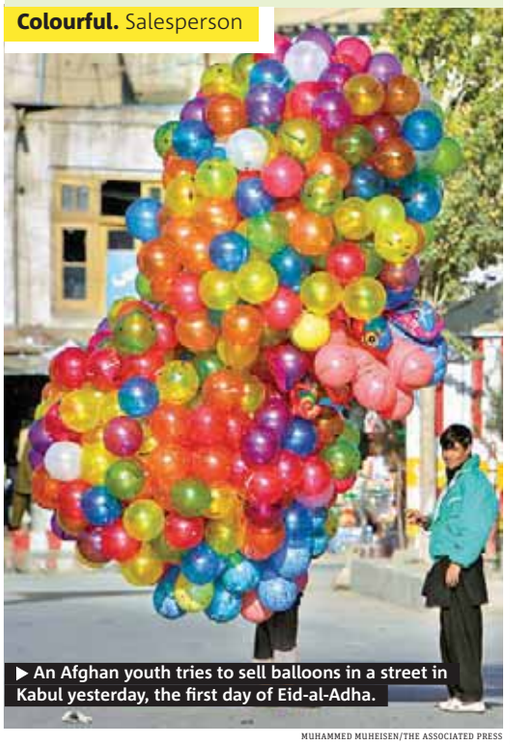

An Afghan youth tries to sell balloons in a street in Kabul yesterday, the first day of Eid-al-Adha.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Muslims celebrate Eid

Eid al-Adha is an important religious holiday celebrated by Muslims worldwide to commemorate the willingness of Prophet Ibrahim to sacrifice his son as an act of obedience to God.

Flood death toll climbs in Thailand

$3.3B
Prime Minister Yingluck Shinawatra says a plan to be put before the cabinet tomorrow would allocate 100 billion baht ($3.3 billion US) for post-flood reconstruction.

The death toll from Thailand's worst floods in half a century climbed past 500 yesterday, as advancing pools of polluted black water threatened Bangkok's subway system and new evacuations were ordered in the sprawling capital.

The latest district added to the government's evacuation list was Chatuchak, home to major public park and an outdoor shopping zone that is a major tourist attraction. The Chatuchak Weekend Market was open but missing many vendors and customers yesterday as floodwaters poured past the market's eastern edge for a second day. So far, Bangkok Gov. Sukhumbhand Paribatra has ordered evacuations in 11 of Bangkok's 50 districts. THE ASSOCIATED PRESS

United government in works for Greece

- Prime minister says he won't be leading the way
- Government survived confidence vote Saturday

Greece's embattled prime minister and the head of the main opposition party reached an initial agreement last night to form an interim government that will ensure the country's new European debt deal and then lead Greece to early elections.

The announcement came after President Karolos Papoulias chaired crisis talks between Prime Minister George Papandreou and opposition leader Antonis Samaras, capping a week of drama sparked by Papandreou's announcement he was taking the debt deal to a referendum. He withdrew the plan Thursday after intense opposition from European leaders and his own lawmakers.

Greece is anxious to reach an agreement quickly. A meeting between the premier and Samaras today will discuss who will act as interim prime minister and the makeup of the cabinet. Papoulias also would chair a meeting of the heads of all political parties.

Faced with open rebellion from his own Socialist lawmakers and pressure to resign, Papandreou said he would step aside if an agreement could be reached securing the new European debt deal and the disbursement of a vital bailout-loan instalment without which the country will default within weeks. Samaras said he would only sit at the negotiating table if Papandreou resigned first, leading to a stalemate broken by Papoulias' calling both sides to the meeting. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
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Oil	Natural gas	Gold
+ $0.19 US ($94.26 US)	$3.783 US (+ 0.5¢)	$1,756.10 US (- $9.00)

SOVEREIGN DEBT

Italian excess comes to end

The Dolce Vita lasted for a long time in Italy, but now it's back to reality.

Postwar prosperity allowed hundreds of thousands of workers to retire with full benefits before the age of 50. Public spending ran over, creating bloated bureaucracies and a political class that consumes half of the national wealth generated each year. But the bill for decades of excess is coming due, and the price to escape Europe's sovereign debt crisis is steeper than many feared.

▶ Berlusconi

Premier Silvio Berlusconi, the tenacious leader since 1994, is losing his grip on power and lacks the political muscle to push through change. He has asked the International Monetary Fund to monitor the country's reform efforts.

Italians are still hurting from the 2008 financial crisis.

If Italy faces default on its enormous $2.62-trillion US debt, there's fear it will drag down the eurozone, if not the world economy. THE ASSOCIATED PRESS

Australian Pontiac G8s recalled

General Motors Co. is recalling 38,400 Pontiac G8 models made in Australia to reprogram the front-passenger airbag module.

The National Highway Traffic Safety Administration said Saturday that the air-bag modules for the 2008 and 2009 models might not comply with federal standards.

No complaints, crashes or injuries have been reported, GM said. But it did find that the airbag sensor could be delayed and put some passengers at increased risk for a head injury. THE ASSOCIATED PRESS

Crude. Facsimile

▶ Demonstrators march with a replica of a pipeline during a protest against the Keystone XL Pipeline outside the White House yesterday in Washington.

EVAN VUCCI/THE ASSOCIATED PRESS

People against pipelines

Thousands, including Nobel laureate Jody Williams and movie star Mark Ruffalo, protested yesterday, trying to convince U.S. President Barack Obama to block a $7-billion project to carry Alberta oilsands crude through six American states.

Hefty severance for media CEO: The Guardian

British newspaper The Guardian is reporting that media baron Rupert Murdoch paid former News International chief Rebekah Brooks $2.7 million US and the use of an office as part of her severance package. It also said the CEO of the now-closed tabloid News of The World was also granted access to her company limousine and driver for two years. THE ASSOCIATED PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
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Bangladesh	Iran	Lebanon	Romania	Ukraine

Australia 1.9 ¢/min	Israel 1.9 ¢/min	South Korea 2.9 ¢/min
Bosnia 13.9 ¢/min	Italy 1.9 ¢/min	Sri Lanka 9.9 ¢/min
China 1.9 ¢/min	Lebanon 7.9 ¢/min	Trinidad 4.9 ¢/min
Colombia from 3.9 ¢/min	Mexico from 1.9 ¢/min	U.A.E. 14.9 ¢/min
Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K. 2.9 ¢/min
El Salvador 9.9 ¢/min	Philippines 11.9 ¢/min	Vietnam 4.9 ¢/min
Germany 1.9 ¢/min	Poland 1.9 ¢/min	Serbia 7.9 ¢/min
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HEY, BUS DRIVER — CHILL OUT A LITTLE BIT

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA

Welcome aboard OC Transpo: "If you don't shut your f--ing face, I'm going to put my fist in it!"

That's just a taste of the latest entry in the transit service's growing online hall of shame, a cellphone video posted to YouTube which seems to show a bus driver completely snapping on a passenger who may be mentally ill, and kicking him off the bus after an eff-spattered tirade.

Had the situation been reversed, and the driver been the subject of such abuse and explicit threats from a passenger, the perpetrator could quite easily — and rightly — have ended up in handcuffs. It's also completely unacceptable when it comes from the driver's seat.

Such videos are notorious for only telling part of the story, and OC Transpo says they're looking into the incident. Thankfully, there was no attempt this time to hide behind their rule against recording and photography on the buses, a dodge attempted other times drivers have been caught behaving badly.

"OC Transpo's riders are its customers and its owners. They've already been warned to look forward to yet another 2.5 per cent increase in the cost of the country's most expensive bus ride next summer, and told to be thankful it's not more. This after absorbing a $20-million service cut in September."

That ban is largely unenforceable, and if a busload of smartphone-toting passengers is what it takes to discourage disgraceful meltdowns like this, then so be it.

OC Transpo's riders are its customers and its owners. They've already been warned to look forward to yet another 2.5 per cent increase in the cost of the country's most expensive bus ride next summer, and told to be thankful it's not more. This after absorbing a $20-million service cut in September.

Notably, this latest outburst occurred on a 96, one of the overcrowded Transitway routes marked for $2.3 million worth of increased service in next year's draft budget. It's an attempt to mitigate the effects of those route cuts, which have made the word "optimization" a curse on the lips of riders and drivers alike. It would hardly be surprising if the sharp decline in elbow room on these routes has shortened a few tempers this fall.

Bus drivers no doubt put up with a lot of crap in the course of a day. A certain percentage of passengers are going to be incredibly annoying, whether intentionally or otherwise. Public transit is full of the public, and with over 300,000 daily riders, not every interaction is going to be a joy. Drivers who can't countenance dealing with the occasional jerk, drunk or weirdo without completely losing it might want to consider a different line of work.

Training puppies to be guide dogs for the blind

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's one.

A local charity wants to give the gift of a devoted and helpful friend this year.

On Nov. 12, Canadian Guide Dogs for the Blind is hosting the Christmas Bazaar & Bake Sale at its National Training Centre here in Ottawa. Canadian Guide Dogs for the Blind, which provides professionally trained dogs to visually impaired Canadians across the country, hopes to raise $1,500 through the event. That would be enough to sponsor three puppies, providing them with the food, equipment and veterinary care they'll need to become successful guide dogs.

Communications and development manager Chad O'Halloran explained that the dogs give visually impaired Canadians "increased confidence, mobility and independence." The agency is frequently looking for volunteers for its fostering program in which you raise a puppy in your home for approximately 14 months until its formal training begins. See guidedogs.ca.

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

Tweets

- **@DerekDesroches:** Wow @OC_Transpo I hope you plan on firing this driver http://t.co/1aWq21ce #OCTranspo #sickening
- **@i_am_ryan:** I can't believe this actually happened! OC Transpo bus driver loses it on mentally-ill passenger http://t.co/eHFbZfzl
- **@RobOttawa:** @OC_Transpo You better do something about this!!! OC Transpo bus driver loses it on mentally-ill passenger http://t.co/6AMwRMbv
- **@MovemberOttawa:** Ottawa Mo bro Tim talk about his battle with Prostate cancer #movember http://t.co/FUfUti77 #ottawa
- **@Butterrrrs:** "@ctvottawa: Ottawa bus driver allegedly threatens passenger http://t.co/fe1tgHvr" #outrageous! Something needs to be done about this!
- **@alisoncrawford5:** RT @alistairsteele: Just got off the phone with the young man in that #octranspo video. Says he was very scared. #ottnews #ottawa

photo of the day

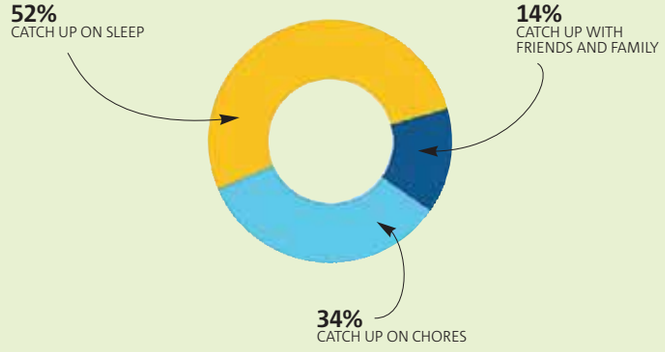
▶ This photo titled Autumn Wait at the Banff Train Station, was submitted to the Imagination category by stcarson.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do with an extra hour every week?



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Love on the rocks

Move over Kim Kardashian. Musical uncouplings are taking centre stage, with a number of breakups announced over the last month Singing about love doesn't mean you're good at it

PAT HEALY
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METRO WORLD NEWS IN BOSTON

KEVIN WINTER/GETTY IMAGES

Actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation last week after two years of marriage.

While Kim Kardashian runs unchallenged for most important divorce in the universe, elsewhere in the entertainment industry there have been a few other quiet uncouplings that are no less newsworthy.

In mid-October, Sonic Youth figureheads Thurston Moore and Kim Gordon announced that they're separating after 27 years of marriage. Last week, actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation after two years of marriage.

For some reason, musical romances seem to be more legitimate than Hollywood marriages. Perhaps because the resumé bullet points of a songwriter include exploring the essence of love and giving hope to the masses. And when those people find love in their own personal lives, it makes everyone happy.

But musical couplings seem rife with hazards and a history of rock relationships being, well, rocky.

Within the pop pairings there are more Bobby Brown and Whitney Houston examples than there are successful ones like Arcade Fire's Win Butler and Regine Chassagne.

If both partners are leaders in their bands, they obviously have strong personalities. And if they're in the same band, that's even more challenging.

Glen Hansard and Marketa Irglova made a lovely musical couple in the movie Once, and in their band, the Swell Season, the pair made a convincing case for the existence of true love. But when we spoke with Hansard a few years ago, he said the romance route was not productive for their art: "We kind of tried it out, and decided it wasn't for us."

Blake Hazard and John Dragonetti continue to shine as a beacon of wedded hope. In their band, the Submarines, they lyrically lay out their quarrels.

"Without getting into it too much, it's been up and down," said Dragonetti when we spoke to him this past spring. "We're trying to figure it out. It gives us stuff to write about."

Hazard chimed in, "I don't think there's quite a way for writing about things without pulling any punches."

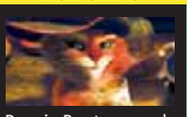
'Rock Wit U'

Other musical couplings still going strong:

- Alicia Keys and Swizz Beatz
- Ryan Adams and Mandy Moore
- Jason Hammel and Kori Gardner of Mates of State
- Ira Kaplan and Georgia Hubley of Yo La Tengo
- Bruce Springsteen and Patti Scialfa
- Elvis Costello and Diana Krall

2 scene

Box office



Puss in Boots earned $33 million in its second weekend, according to studio estimates Sunday. Tower Heist starring Ben Stiller and Eddie Murphy palmed $25.1 million in the No. 2 spot, while A Very Harold & Kumar 3D unwrapped $13 million at No. 3.

THE ASSOCIATED PRESS

Marvel bringing most of its titles to digital the same day they go on sale in shops in 2012.

Sorbo breaks his silence

Hercules actor details physical struggles in new book True Strength

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

As the title star of Hercules in the 1990s, Kevin Sorbo was known for his strength and vitality. But off-camera, he hid a deep secret: His abilities had been severely limited since falling victim to an aneurism and multiple strokes — in one day — in 1997. Now, 14 years after the illness that nearly killed him, he is breaking his silence in a new book, True Strength.

"I'm one of those guys — even in college, you have paper due at the end of the semester and I wait for the last week. It had just gotten to a point where I said, 'You know what? I just have to do this,'" Sorbo says of his decision to write the book now.

Coming clean about his strokes was "strange," Sorbo says, because the Hercules studio had tried to keep them under wraps for years. Stunt doubles were hired and scenes were rewritten around the star. Sorbo says he was "immediately grateful" for the smoke and mirrors.

"They let out the aneurysm," he says.

"It was all over the news, so people knew that I was sick. But the studio still had two years left in my contract and they wanted to go another three years beyond that because it was the most watched show in the world. I didn't want anyone to know that this guy who was larger than life, playing this big superhero guy — I thought that I was Hercules in a way and then I would suddenly go to 90-years-old overnight.

"I learned that everybody has a story; we all have pains in our lives. We feel like we are alone but we are not alone, because we have all these similarities and all these stories."
KEVIN SORBO

"It was tough for my ego. I thought that my life was over and that I would be in a wheelchair for the rest of my life. So I'm really grateful to the studio for working around me to get through an episode without me."

And yet, despite the debilitation, Sorbo made Herculean efforts to get back on his feet.

"I'm a very strong-willed person and I have a very driven personality," he says.

"When they told me that this was what I had to do to get better, I would do 10 times more than that. I pushed myself. I would throw myself into the situation and tell myself, 'Hey, no pain, no gain.' I looked at this as a gift and decided to accept it.

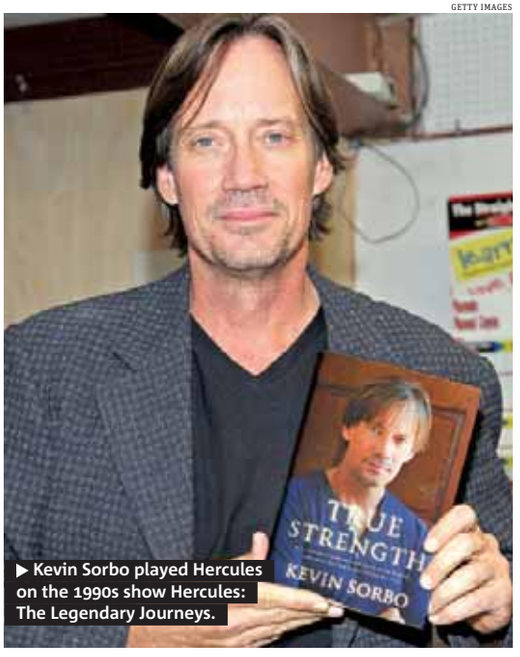
"Initially, it made me mad, but after a while, I got it. It changed my life completely. I became a much more patient person. I became a far more compassionate person and that's why I wrote the book."

These days, the actor says he's feeling good, despite frequent migraines and some dizziness when he overdoes his workouts.

He acknowledges his gut as a means to let him know he's reached his limit. It's a resource, he claims, we all need to learn how to tap into.

"You know when something is wrong," he says. "Guys, we just have this stupid ego. Guys are so insecure about our manhood — we do not want to admit weakness to anybody. But you know what? The reality is, you really just got to listen to that voice. Look past your ego and take care of yourself."

GETTY IMAGES



▶ Kevin Sorbo played Hercules on the 1990s show Hercules: The Legendary Journeys.

SEARCHING FOR IMMORTALS
Word Search
Hidden in the maze of letters are the names of 13 of the main characters from IMMORTALS, which opens everywhere November 11. They run in all directions, forward, backward, up and down and diagonally.
A clue, the character played by Mickey Rourke - King Hyperion - gets top billing.
Other characters you are looking for are:
Apollo
Athena
Cassander
Heracles
Lysander
Minotaur
Phaedra
Poseidon
Priestess
Stavros
Theseus
Zeus
C V N O I R E P Y H G N I K X
C H A Z T D F O C X K L T Z I
A U N G E B B S J Y P Y S J S
S R E F M U J E S U E S E H T
S K H T I M S I E Y J A N D A
A K T Y N R P D L N M M N U K V
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5 things

to know about 007's Skyfall

There was a time last year when the future of the James Bond franchise was in more danger than 007 himself: The studio behind the movies, MGM, teetered on bankruptcy, leaving the series in limbo. But Bond 23 — now officially called Skyfall — is a go. "We start shooting today," announced Daniel Craig from a press conference in London on Thursday. Among the top five facts confirmed:

1. The title!
Although previous titles have referenced creator Ian Fleming's works, Skyfall is apparently brand new, with no connection. Perhaps it's meant to evoke the Transformer with the same name. 007 versus the Decepticons? No:

"It has emotional context, which will be revealed in the film," said producer Barbara Broccoli.

The official 007 Twitter feed revealed more a few hours later: "Bonds loyalty to M is tested as her past comes back to haunt her," it said, regarding the role that will be reprised by Dame Judi Dench.

2. Villain Javier Bardem is a softie in real life.
"One of the most beautiful memories I had as a kid was going to see all these movies," said the badass from No Country For Old Men at the press conference Thursday. His character's signature quirky feature (all Bond villains have one) will remain a secret (bad haircut?).

3. Naomie Harris, star of Pirates of the Caribbean: Dead Man's Chest, will star as field agent Eve.
Is she good or evil? The Bond Girl is not telling. "I'm still pinching myself. Raring to go. I spent two months training for the part."

JOEL RYAN/THE ASSOCIATED PRESS

▶ Actors Berenice Marlohe, left, Daniel Craig, and Naomie Harris star in Skyfall.

4. Sam Mendes can handle this.
The director of American Beauty isn't known for his action movies. But he said he has a good second-unit director — Alexander Witt, who directed set pieces for Casino Royale and X-Men: First Class. He added: "The action needs to coexist with the drama."

5. And perhaps, most important: Will Craig and Bardem take off their shirts?
"Damn right," said Broccoli.

METRO

"One of the most beautiful memories I had as a kid was going to see all these movies"
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The Snooki empire keeps on growing

Metro catches up with Jersey Shore's leading guidette

CASSANDRA GARRISON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

You know her as the gorilla-loving, boardwalk-dancing, fluffy boot-wearing meatball guidette on The Jersey Shore, but there is much more to Nicole "Snooki" Polizzi than hairspray and sequins.

The self-proclaimed "boss lady" is in the process of creating an empire, complete with Snooki-branded products and best-selling books.

Metro caught up with her at the launch of her newest venture — her very own fragrance (called, of course, Snooki).

What made you decide to launch your own fragrance?

I get a lot of opportunities to do a lot of things and I have always loved perfume since I was 13. I could never really find the right scent for me.

I would even try to mix Britney Spears with Juicy and just try to make the right scent but I could never find it.

And just the fact that I got to make my own perfume and have the scent that I wanted, and I think everyone else is going to enjoy it, it's great.

Is it Jionni-approved?

I definitely wanted Jionni to like it, because if he likes it, I know all the guys are going to like it.

So the fact that he loves it and he didn't even know it was mine, I knew I had it.

GETTY IMAGES

▶ Snooki now has her own fragrance. Its name? Snooki, of course.

Tell us about your new book Confessions of a Guidette.

It's different from my first, 'cause my first was a novel. This book is kind of like a how-to. A lot of people asked me where I get my fashion, or for tips on guys, tips on friends. So everything that people always ask me is in the book.

Anything you can tell us about season five of The Jersey Shore? What's the drama like?

I wouldn't say it's dramatic. Obviously, there is going to be drama, but it's a lot more fun. It's back to being fun and laughing with each other, because Italy was just very crazy with drama. I hardly had fun.

I was just homesick and wanted to be back. So the fact that we went straight to Jersey and filmed the next season, you're just going to see us so happy to be back at home.

How often do you hang out with your castmates when you guys aren't filming?

It's really hard because Pauly is DJing and everybody is doing their own thing. Jenni is promoting a lot of her stuff so it's really hard to see each other.

What's nice is when we do go to MTV together to promote the show or something, that's when we all see each other.

How are things between you and Mike, "The Situation"? Have you smoothed things out?

You're going to have to wait till the next season, but it's not a surprise that I don't like him.

You look amazing! What do you tell people when they ask you how you lost weight?

I stopped drinking. I hardly drink when we're not filming the show, so that helped a lot.

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THE WOMAN CAUSING THE BIEBER DRAMA

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

It looks like Mariah Yeater, the woman claiming to be Justin Bieber's baby mama, has a rap sheet.

Here is a booking photo, taken last year on Dec. 21, in Las Vegas, when she was arrested for battery domestic violence, injury/destroying property and threatening telephone calls.

The reason for the hubbub? Apparently Yeater showed up at an old boyfriend's home, claiming she was pregnant by him (it is assumed it is the same baby that she later claimed Bieber fathered).

▶ Mariah Yeater

A fight broke out, Yeater assaulted the guy, and she was arrested, according to TMZ.com. Of course, this doesn't mean Yeater isn't telling the truth about Bieber but it certainly puts a dent in her credibility.

There is no word on when the paternity test is scheduled for but maybe instead of blood work, they should just see if that baby can dance like Usher? That should settle things.

FOLLOW DOROTHY ROBINSON ON TWITTER @DOROTHYATMETRO

Did baby mama claims drive Biebs and Gomez apart?

- Justin's camp on damage control
- Selena's rep denies the breakup

Selena Gomez has reportedly split from Justin Bieber over allegations that he fathered a child with a 20-year-old fan, according to Radar Online.

"Selena ended it abruptly," a source says.

"His camp is in damage control mode and attempting to convince her to stick around in the relationship for a few more weeks because they fear it will be seen as an admission that something indeed took place between Justin and the woman who is alleging that he's the father of her baby."

"Selena ended it abruptly."
-SOURCE

Coincidentally, a rep for Gomez was quick to follow up, telling Us Weekly that the breakup rumours are completely untrue. METRO

ALL PHOTOS GETTY IMAGES

▶ Back in happier times: Justin Bieber and Selena Gomez

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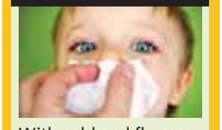
Kids & colds



With cold and flu season starting, The Canadian Paediatric Society is issuing some frank guidance about how to treat kids' colds.

Its message: Cough and cold medications aren't advised for children younger than six, and other options like echinacea haven't been proven to prevent or mitigate colds in children.

In fact, it says, there's little that is truly useful except fluids, time and TLC.

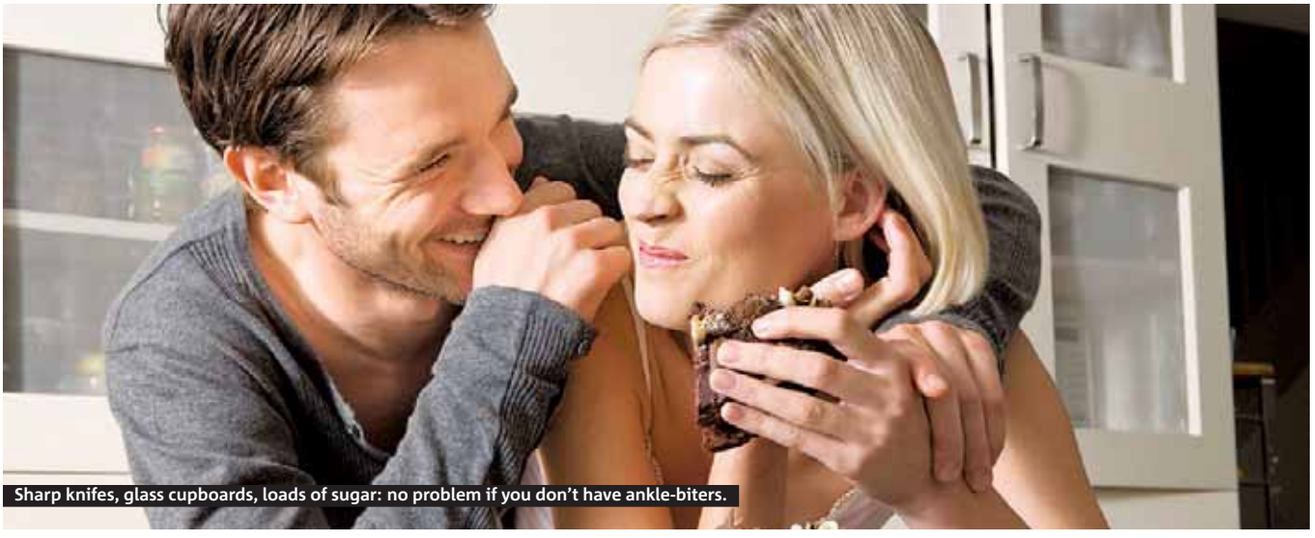
THE CANADIAN PRESS

New app called ShoeBox allows you to use your iPhone as a photo scanner.

Child free & coming out: Not having kids is a choice

With the population at 7 billion, do we really need more kids in the world? Saying you don't want to have children is no longer taboo More people are choosing to stay child free

THINKSTOCK.COM



Sharp knifes, glass cupboards, loads of sugar: no problem if you don't have ankle-biters.

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEW

As the global population hits seven billion, it's never been a better time to think about whether you really want to bring another person into the world.

Fortunately, in the 21st century, more and more people are seeing parenting as an option rather than an obligation.

"The percentage of women who reach the end of their childbearing years without kids in the U.S. is around 20 per cent now compared to 10 per cent in the 1970s," says Dr. Ellen Walker, author of Complete Without Kids.

She also cites declining birth rates in the West, as well as China and Japan as evidence.

"For me, at age 50, I'm still quite an outsider with my peers, but a woman in her 30s who has chosen to be child free will have more women her age who are in the same boat."

There are hundreds of reasons for not having kids, from the cost of raising a child, lack of support network to concerns about the ecological impact of adding to an overpopulated world.

The global recession is also a factor. "Many people are concerned about the current and future state of the world and deciding that this is not a place they want to bring children into," says Walker.

It's also a result of openness in society.

Choosing to be child free is not only becoming a more popular life choice, but unlike their predecessors, the new generation of DINKS — dual-income, no kids couples — don't feel awkward talking about it.

"People are talking openly about the decision and actually viewing it as a choice, rather than an essential life step," says Walker.

"I'm seeing that women in particular are realizing that we can't do it all, and that it's OK to choose either mothering or career and to walk away from the other."

Where parents see raising decent children as their legacy and purpose in life, DINKS channel their energies into projects, charity work, hobbies or volunteer work.

"I encourage child-free adults to take time to consider this legacy question carefully," says Walker.

"If you're not a parent (in a world in which this is still the norm), it's critical to find your own purpose.

"Otherwise, you will likely find yourself having regrets at some point about not having had kids."

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Dinner — on the run

It's one of those busy nights with hockey practice and a ballet recital, but you still want to serve something homemade Try this hearty, speedy soup

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Needing a warm bowl of chicken soup and having the time you need to make it often don't coincide.

Which is why this quick chicken noodle soup is on the table in under 30 minutes. The trick is to use mostly prepped ingredients, such as rotisserie chicken, frozen peas, carrots and corn, and prepared broth.

Speedy Chicken Noodle Soup

▶ This recipe serves six.

Ingredients:

- 1 kg (2-lb) rotisserie chicken
- 30 ml (2 tbsp) olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 2 ml (1/2 tsp) cumin
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried thyme
- 500 g (1 lb) frozen mixed vegetables (such as peas, carrots and corn kernels)
- 2 L (8 cups) chicken broth
- 250 ml (1 cup) elbow pasta
- Salt and black pepper
- 125 ml (1/2 cup) chopped fresh parsley

Preparation:

1. Remove meat and skin from chicken; discard skin and bones. Use your fingers to pull any large pieces into bite-size chunks; set aside.
2. In a large saucepan over medium-high, heat oil and add onion, garlic, cumin, paprika and thyme; cook for about 5 minutes or until starting to brown. Add frozen vegetables and cook for 5 minutes. Add broth and bring to a simmer.
3. Add pasta and cook for 7 to 8 minutes. Add chicken and return to a simmer. Season with salt and pepper to taste. Stir in parsley to serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

THE ASSOCIATED PRESS

Rose Reisman's Swap It

Whether it's movie night or you've just come in from a long day out, pizza snacks are a convenient option. But be careful which ones you choose.

PIZZA POPS (TWO)

520 CALORIES/ 24 GM FAT/ 1,540 MG SODIUM

ONE PIZZA POP IS NEVER ENOUGH FOR A TRULY SATISFYING SNACK, BUT TWO WILL COST YOU MORE THAN 500 CALORIES AND YOUR DAILY SODIUM INTAKE. TWO PIZZA POPS ARE EQUIVALENT TO NINE ORDERS OF MCDONALD'S FRENCH FRIES IN SODIUM.

SWAP IT!

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SATISFY YOUR PIZZA CRAVING WITH THESE MINI PIZZAS! THEY ARE MORE FILLING THAN POPS AND HAVE HALF THE FAT AND SODIUM. [FOR MORE, VISIT ROSEREISMAN.COM]

Soup isn't your thing? Try this quick pasta using frozen Swedish meatballs and fall-inspired vegetables

Stir-fried fall veggies team up with pasta and frozen cooked meatballs for a quick dinner.

Quick Pasta Preparation:

1. In a small bowl or measuring cup, whisk together ketchup, vinegar, soy sauce, sugar and cornstarch until smooth; set aside.
2. Cook pasta according to package directions, omitting salt; drain and toss with 5 ml (1 tsp) of the oil. Cover to keep warm.
3. Meanwhile, in a large deep non-stick skillet, heat remaining oil over medium heat; stir-fry onion for 1 to 2 minutes or until softened. Stir in garlic, ginger and meatballs; stir-fry until meatballs are slightly browned, 3 to 4 minutes.
4. Add broccoli and red pepper; stir-fry for 2 to 3 minutes. Add broth; cover, bring to a boil and cook for 3 to 4 minutes or until broccoli is crisp-tender.
5. Stir cornstarch mixture. Push ingredients to side of pan and gradually stir in starch mixture, stirring constantly until thickened. Stir in cooked pasta and heat until hot. Serve in bowls.

THE CANADIAN PRESS/ FOODLAND ONTARIO

THE CANADIAN PRESS H/O

Quick Veggie & Meatball Pasta

▶ This recipe makes four servings.

Ingredients:

- 45 ml (3 tbsp) each ketchup and rice wine or cider vinegar
- 30 ml (2 tbsp) each sodium-reduced soy sauce and granulated sugar
- 15 ml (1 tbsp) cornstarch
- 500 ml (2 cups) uncooked curly twisted vegetable pasta
- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, thinly sliced
- 1 clove garlic, minced
- 7 ml (1 1/2 tsp) finely grated ginger root
- 250 g (8 oz) Swedish cooked meatballs (about 500 ml/2 cups)
- 500 ml (2 cups) broccoli florets
- 1 small sweet red pepper, thinly sliced
- 375 ml (1 1/2 cups) beef broth

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Growth from grassroots

Neighbourhood giveaways on Freecycle Network go global; nearly 9 million members Are you up for free?

OFFER. WANTED. TAKEN.

With those three words, Deron Beal of Tucson, Ariz., helped move the yard sale online, only with no money changing hands.

Beal is the founder of The Freecycle Network, or Freecycle.org. It's a grassroots gifting network that — thanks to the sour economy and a growing commitment to the environment — has transformed into a global movement of millions offering, wanting and taking all manner of stuff.

Staffed by volunteer moderators and loosely overseen by Beal, Freecycle aims to let you share your old TVs, clothes, broken blenders, tire chains and moving boxes with people nearby, using email groups at Yahoo! and on the network's website.

freecycle.org
changing the world one gift at a time
Find a group near you
GO
e.g. Tucson, Arizona
Welcome! The Freecycle Network™ is made up of 4,990 groups with 8,796,090 members around the world. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by local volunteers (them's good people). Membership is free. To sign up, find your community by entering it into the search box above or by clicking on 'Browse Groups' above the search box. Have fun!
TAKE YOUR COMPANY GREEN WITH
Freecycle @Work

Freecycle

It can be touch and go if you want to move something fast.

Items Beds, garment bags, hangers, aquarium pumps, coffee makers, bicycles, toys, cribs, toasters, those paper wrappers for coins, air purifiers — the variety is endless. Some of it works, some of it doesn't. Some of it goes quickly and some might not go at all.

There are nearly 5,000 Freecycle groups with about nine million members in more than 70 countries. Not bad for a guy who was simply trying to keep perfectly good stuff out of landfills, or find homes for stuff charities don't take, in his own community. Freecycle can be effortless for people who can leave their old magazines, kitchenware or larger items on a porch for pickup, but it can generate a lot of email and suck up more time in larger locales as giver and taker try to untangle their schedules and decide where and when to make an exchange.

There's no real navigation at Freecycle. You sign up, wait in some cases to be approved by a moderator, and decide whether to take individual emails, daily digests of offerings or read the list online only.

Beal got the idea for Freecycle while working as a recycling co-ordinator for a non-profit in Tucson. The organization offered jobs to men in shelters to do concierge recycling by picking up things like old computers and office tables at shops, restaurants and other companies, then try to find homes for them at other non-profits.

"We had this old beat-up pickup truck, and would load up the pickup and drive from one non-profit to the next to see who could use this stuff. It was crazy, and taking way too much work to find new homes for perfectly good stuff," he said. "So I set up an email group, where anybody interested could join and they could pick it up themselves."

THE ASSOCIATED PRESS

FINDING THE KEY TO RECYCLING

Our office just had the locks changed. Can we recycle our old keys? *Kim of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Why yes, you can!

Keys are considered scrap metal, but you cannot put them into your curb-side blue bins.

You need to find a metal recycler near you. To find a depot location, call the B.C. Recycling Hotline at 604-732-9253 or 1-800-667-4321 outside the Lower Mainland. Their phone lines are open Monday through Friday from 9 a.m. to 4 p.m. You can also email your inquiries to hotline@rcbc.bc.ca. They're outfitted with many hotline operators who would be happy to get back to you, and fast.

Since you'll be collecting and dropping off a bunch of office keys, make the trip worthwhile.

Extend your collection to the "extra" keys your co-workers are toting around.

Too many of us are weighed down by keys and we don't even recall what they're for.

Ask your co-workers to scour drawers and key-chain holders at home.

Once you find a metal recycler, it doesn't hurt to give them a call to confirm that they accept keys. One option I found is David's Trading and Supply Ltd. in Vancouver.

They accept stainless steel, brass, coppers, aluminum and more. Check out davistrading.com.

David Suzuki Foundation

ISTOCK PHOTOS

▶ It's easier than you think to find a place to recycle keys.

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Nothing will get in his way

Restaurant owner Jason Graca was adamant from a young age that he would live a life without limitations

TURNING POINT

TERESA KRUZE
LIFE@
METRONEWS.CA

Jason Graca was five years old when he stared directly into his Dad's video-camera and announced, "I want to be an entrepreneur when I grow up."

Graca was born with cerebral palsy but he always looked beyond his wheelchair and was certain that a whole world of opportunity was waiting before him.

Three long years of saving, sacrifice and putting some money into the bank and Jason began to visualize his future as an entrepreneur.

"I cut back on all the fun stuff," he says with a laugh.

After researching business opportunities, Jason bought an existing restaurant in London's Covent Garden Market.

Honouring his Portuguese roots, Graca gave it an ethnic twist and renamed it Manito's Rotisserie.

"I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."
JASON GRACA
OWNER OF MANITO'S ROTISSERIE

It quickly became a hit and now Graco is looking at franchising his business.

He has a message for anyone with an idea and the dream of being their own boss.

"Don't give up on your dreams because you've got extra obstacles. I think the key is perseverance and stubbornness to be honest.

I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."

PROVIDED

▶ Jason Graca has got plenty to smile about.

PROVIDED

▶ Jason Graca in his popular Portugese restaurant, Manito's Rotisserie.

Jason's tips

Cooking up success

- Passion is the driving force behind entrepreneurship. It keeps a person going during long nights and hard times.
- Persevere. A business owner can't do everything right all the time. Learn from your mistakes and turn them into successes.
- Study your failures. I'm still learning new things every day.
- Have a great team around you. It's essential to have good people to talk to and bounce ideas around — good or bad.

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Technology connects Canada's top minds with remote classrooms David Suzuki is first to participate

NFB MEDIATHEQUE/THE CANADIAN PRESS

▶ Students and teachers participate in David Suzuki Virtual Classroom at NFB Mediatheque in Toronto.

Jacob Desender was brimming with curiosity as he approached the webcam to address a question to one of Canada's leading scientists.

The 12-year-old from a Manitoba farming community had always been intrigued by the cause of global warming and wondered how his classroom's virtual guest speaker would answer his query.

What he didn't expect was for David Suzuki to turn the question around and promptly ask, "What do you think?"

The real-time dialogue that ensued took place before about 6,000 students scattered in classrooms from Nova Scotia to Nunavut and left Desender in awe.

Scientists of Suzuki's international stature don't frequently stroll through his hometown of Marquette, Man., he said, adding modern technology allowed him to make the most of a learning opportunity unlike anything he'd experienced before.

The virtual encounter with Suzuki set him straight as to the cause of global warming, which he had long believed was simply a natural part of the planet's evolution and not a function of human activity.

"I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted... It was actually quite awesome."
JACOB DESCENDER
12-YEAR-OLD STUDENT

"My family had been looking for an answer for so long, we just wanted to hear the truth," Desender said in a telephone interview. "I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted. . . . It was actually quite awesome."

Suzuki's virtual visit was the brainchild of the National Film Board, whose videos and documentaries have long been a staple of the traditional classroom environment.

Kristine Collins, manager of the board's national education program, said the idea emerged from a partnership with the David Suzuki Foundation, which was seeking a creative way to promote an autobiographical film of its founder's life entitled Force of Nature.

THE CANADIAN PRESS

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Could laptops facilitate lying?

Study suggests students less likely to cheat if their classroom situation includes personal interaction

There are no suspicious glances from the student at the next desk over, no looming walk-bys from the class professor. In an online course, it's just you and your computer. And, according to one recent study, that can open the door for cheating.

Frank M. LoSchiavo and Mark A. Shatz, both psychology professors at Ohio University's Zanesville campus, took an in-depth look at whether students are more likely to cheat in online courses. In the first part of the study, about 40 students who completed 14 online quizzes during the course of the class were surveyed. At the end of the course, 72.5 per cent of students reported cheating at some point by consulting their textbook, notes, friends, family or the Internet.

ISTOCK

▶ What would you get up to if your professor wasn't watching?

Another element of the study focused on students who were asked to sign an online honour code that made it clear that any form of cheating was a violation of university policy. Researchers found that still didn't make much of a difference when it came to cheating — 61.5 per cent of students who signed the code still admitted to cheating, while 50 per cent of students who did not sign the code said they cheated.

Would it make a difference if students had to physically sign an honour code rather than doing it online, or if part of the course occurred in a classroom? That could do it, researchers found. Students who signed the code the old-fashioned way were about 30 per cent less likely to cheat. Still, though, plenty of students did cheat — 57.6 per cent of those who signed the honour code and 81.8 per cent of those who did not sign it.

Across three studies, the majority of students readily took advantage of risk-free cheating during at least one of the 14 online quizzes. Perhaps even more distressing is that an honour code had no effect on self-reported cheating in the fully asynchronous online class.

Fortunately, an honour code did reduce self- reported cheating in the blended course, suggesting that the academic environment plays a critical role in a student's decision to abide by such a pledge.

METRO WORLD NEWS

In the end?

- Authors of the study concluded that when a class is solely conducted online, students who are "socially disconnected" can more easily justify cheating.
- They finish the report by suggesting professors ask students to take proctored exams, even if the rest of the class is online.

CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on"training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained,competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations

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This program can be completed part time through evening and weekend classes.

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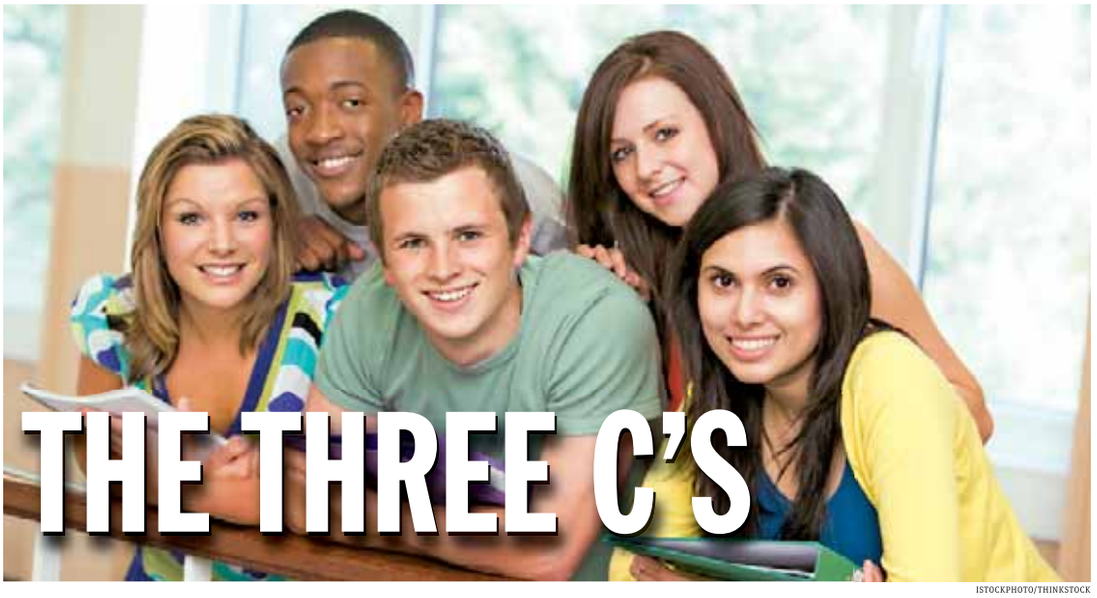

THE THREE C'S

ISTOCKPHOTO/THINKSTOCK

COLLEGES FOCUS ON CAREER, CONVENIENCE, CARING STAFF

Ontario's career colleges are increasingly popular for one simple reason: They often lead directly to job opportunities. Unlike most university and community college programs, career college programs tend to prepare students for a specific job.

"We maintain close links with employers and the vast majority of our graduates find jobs right away," says Dave McCormick, vice-president and director of admissions at Herzing College, one of Ottawa's largest career colleges. "Our success is based on what we call the three C's: Career focus, convenience and caring staff."

Convenience refers largely to scheduling and location: Herzing, like many other career colleges, is situated along a major bus route and offers free parking. Herzing and Everest College — another of Ottawa's largest — each have a campus at St. Laurent Shopping Centre, for instance. Classes tend to be scheduled in either morning, afternoon or evening blocks to accommodate people with part-time jobs. Many programs accept students during various parts of the year — a significant advantage over the September and January start dates typical at most community colleges.

Graduates of many programs earn industry-recognized certifications — enabling them to qualify immediately for full-time employment.

"We continually monitor our programs and workplace requirements," says Cindy Campbell, Everest College's regional vice-president of operations. "This enables us to adjust our courses quickly to keep pace with changes in the industry."

Although career college programs are typically more expensive than their equivalents in community colleges, they often qualify students for jobs more quickly. Job placement rates for graduates often exceed 90 per cent. *– Peter Doyle*

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Get an education that gets you the job you dream of, and the life you love. Get the knowledge and training that sets you apart. St. Lawrence College is No. 1 in Ontario for graduate satisfaction and ranked second for employer satisfaction. That means 95 per cent of employers are satisfied with the quality of the educational preparation of SLC grads. Further, 88 per cent of grads found employment within six months of graduation. With more than 80 programs and three campuses, St. Lawrence College is the place to learn the skills you need to prepare for tomorrow.

MAKING A DIFFERENCE

RESPONDING TO EMOTIONAL, PHYSICAL NEEDS

JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

They are caring and giving and trained to make a difference, especially in the lives of the elderly — they are personal support workers.

Since 1997, the Algonquin Careers Academy has been training and turning out top-notch personal support worker grads, equipped with the skills to respond to the emotional and physical needs of residents and clients under their care.

Course co-ordinator and instructor Michelle Godin, who is also a registered nurse, has been teaching the intensive course for several years. "Personal support workers have always been important in our communities," says Godin. "And as the Canadian population ages and the number of long-term care facilities grow, it's no surprise that demand for these highly skilled individuals will increase."

The 27-week Personal Support Worker Program blends theory with real-life experience, which ensures that when students graduate they are prepared to pursue a career in a traditional nursing assistant role in health-care environments.

Where are personal support worker graduates most likely to land? "Long-term care facilities are a popular choice," says Godin. "But there are also other opportunities within senior residences, community agencies, palliative care facilities and hospices."

Why does Godin think the program is important? "Seniors deserve the best care possible, and that's what the program was created to do — offer students the tools, knowledge and experience to give the best care to those in need."

GET CAREER READY
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- 44 wk program including 4 wk co-op work placement

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- 40 wk program 3 wk externship
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Medical Office Assistant
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GET THE CAREER YOU WANT!
CLASSES STARTING SOON

Paralegal *Part time evening program now available!*

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

Personal Support Worker

Evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical mknowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

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Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 38 week program. **CPA ENDORSED**

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world! Complete this diploma program through online distance education.

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HAPPY ANNIVERSARY

BANANASTOCK/THINKSTOCK

ALGONQUIN CAREERS ACADEMY CELEBRATING 30 YEARS

How time flies. This year, Algonquin Careers Academy celebrates its 30th year of providing job-focused career training.

Since opening its doors 30 years ago, the Algonquin Careers Academy has helped hundreds of adults seeking new careers to enter into the workforce with the confidence and the experience needed to succeed.

In 1981, the academy's primary focus was training travel counsellors in the Ottawa area. Over the years, additional programs were added in health care and business. In 2005, the growing academy opened its second campus in Mississauga — and has continued to expand its offerings and operations ever since.

This year, the Ottawa campus moved to a new, modern, spacious campus to ensure continued service excellence and an enhanced student experience.

Providing students with the skills, tools and knowledge to excel within the classroom's four walls and beyond — into the working world — is a key focus of the academy. Throughout its history, the academy has established strong working relationships with local businesses to set up co-op, non-paid placements for students. Through this collaboration, students have the opportunity to gain real-life experiences, valuable skills and confidence that can help open doors to future employment.

"As a private, Canadian-owned training organization we believe strongly in our goal to service labour market needs within our communities," says Des Soye, president, Algonquin Careers Academy. "We design our programs based on industry-defined job requirements in order to best link our graduates to career opportunities."

What is the academy's secret to success? "We have learned during our first 30 years that the formula to provide our students the best opportunity for success is: Keep it focused. Keep it relevant and keep it fun," says Soye. "The other part of the formula is having a remarkable and dedicated staff and, of course, students who are truly committed to launching new and meaningful careers."

EXCITING RANGE OF PROGRAMS

All Algonquin Careers Academy programs are led by industry professionals and endorsed or accredited by relevant industry organizations.

HEALTH CARE: Fitness and Health Promotion; Medical Office Assistant; Personal Support Worker; Pharmacy Technician; Pharmacy Assistant.

BUSINESS & LAW: Accounting & Payroll Administrator; Paralegal; Travel Programs; Travel Counsellor; Travel Counsellor Online.

FITNESS IS WAY OF LIFE FOR PROGRAM HEAD

Fitness isn't just a career for Jane Costain. It's a way of life for the energetic head of Algonquin Career Academy's Fitness and Health Promotion Program in Ottawa.

Case in point: Costain was recently named Canadian female pro trainer of the year by canfitpro (Canadian Fitness Professionals), a Canadian leader in fitness certification. The award is based on excellence in administration, offering above the required amount of courses, and showing dedication to student success.

In addition to this latest achievement, Costain holds several fitness-related certificates and accreditations, including: Personal Training, Nutrition and Wellness, Zumba, Ontario Fitness, Spinning, Yoga Fit, Water in Motion, and CPR.

HEMERA/THINKSTOCK

Costain has always had a love of sports and fitness. At 18, she took her first aerobics class and discovered her true calling — teaching. Costain attended Humber College and graduated with her Fitness and Health Diploma. A few years later, Costain joined one of the major fitness clubs in Toronto as program co-ordinator. She moved to Ottawa 11 years ago and joined the Algonquin Careers Academy teaching team in 2005.

Her love of sport and fitness extends to her home life, where exercise, nutrition and physical activity are an important part of her family's routine.

What does Costain find most rewarding about her work at the academy? "Seeing how students are transformed during the course — from enthusiastic students to confident graduates who live and breathe fitness."

ISTOCKPHOTO/THINKSTOCK

PHARMACY PROGRAM TAKEN TO A NEW LEVEL

Since its introduction to Algonquin Careers Academy in 2006, the Pharmacy Technician Program has grown to one of the first to be granted provisional accreditation by the Canadian Council for Accreditation of Pharmacy Programs. Recently, an academy graduate became one of the first Registered Pharmacy Technicians in Ontario.

The Pharmacy Technician diploma program prepares students for a challenging career in a community/retail pharmacy, hospital pharmacy, manufacturing facility, or long-term care facility.

One of the main reasons for the program's success is Shahriar Siddiq, or "Dr. Shah" as he is affectionately known by students and staff.

Originally from Bangladesh, Siddiq has been in Canada for more than 10 years and has been instructor and program co-ordinator for six years. A perennial favourite with students, Siddiq co-ordinates two Pharmacy Technician classes and one Pharmacy Assistant class. He is also a prolific writer, with many published articles to his credit over 20-plus years in the health-care field.

Academy co-worker Carrie-Lynn Barkley credits Siddiq with taking the pharmacy programs to new levels. "Thanks to Shah, our Pharmacy Technician and Assistant programs are years ahead of most other programs."

"We're honoured to have Shah as a member of our academic team," says Des Soye, president, Algonquin Careers Academy. "Shah is not only a great instructor, he's also an exceptional colleague who is always quick to step up when and where he's needed."

4 sports

Super Bowl. Rematch

▶ Giants defender Michael Boley knocks the ball out of the hands of Patriots quarterback Tom Brady yesterday.

ELSA/GETTY IMAGES

Echoes of 2008 as Giants beat Patriots in dramatic fashion

Super Bowl or midseason game, Eli Manning is the master of last-minute comebacks against the New England Patriots.
Leading the New York Giants 80 yards in just over a minute, Manning hit Jake Ballard for a one-yard touchdown with 15 seconds left for a 24-20 win yesterday, repeating a come-from-behind victory similar to the 2008 title game between the teams. The loss put New England into a three-way tie for the AFC East lead with the Bills and Jets, who they visit next Sunday night. THE ASSOCIATED PRESS

Quoted

"We've had an opportunity to play them quite a few times, so they know us, we know them, and it should lead for an exciting, good football game."
EAGLES COACH ANDY REID, ON HIS TEAM PLAYING THE CHICAGO BEARS TONIGHT. CHICAGO HAS WON THREE OF THE LAST FOUR MEETINGS AFTER LOSING FIVE STRAIGHT TO PHILADELPHIA BETWEEN 1999-2004.

Als limp into playoffs

Defending champs end season with three straight losses, letting Bombers take top spot

Suddenly, the road back to the Grey Cup is a more perilous one for the Montreal Alouettes.

The Alouettes begin defence of their CFL title Sunday when they host the Hamilton Tiger-Cats in the East Division semifinal. While Montreal has a number of battle-tested veterans, the club heads into the playoffs having lost three straight games.

The latest defeat was a lopsided 43-1 decision to the B.C. Lions in a game the two-time defending champions needed to win in order to clinch top spot in the division.

Instead, that honour went to the Winnipeg Blue Bombers, who finished the season tied with Montreal with a 10-8 record but took top spot after winning the season series.

B.C. cemented first in the West Division with its win over Montreal despite ending the season tied at 11-7 with Edmonton and Calgary. The Lions won the season series with both of the conference rivals.

Edmonton will host Calgary in the West Division semifinal Sunday. The Lions and Bombers both earned the right to host their respective conference finals.

791
Passing yards for quarterback Drew Tate in Calgary's last three games. Calgary won all three games as Tate completed 63-of-96 passes for four TDs.

The key to success for Montreal is quarterback Anthony Calvillo, who led the CFL in passing (5,251 yards) and touchdowns (32) while surrendering just eight interceptions. But Calvillo was just 47-of-97 passing for 642 yards with a touchdown and three interceptions in the Alouettes' final three regular-season games.

However, Montreal's late-season troubles weren't relegated to just Calvillo. Opponents outscored the Alouettes 101-53 in those three games.

Montreal split its season series against Hamilton 2-2, with the home team winning each time. That should bode well for the Alouettes, who finished tied with Hamilton, B.C., and Edmonton for the top home mark at 6-3.

Another factor working in Montreal's favour is Hamilton's woeful 2-7 road record this season.

Calvillo was a central figure in all four games against Hamilton, passing for a combined 1,343 yards and seven TDs with no interceptions.

THE CANADIAN PRESS

NBA players given offer with an expiry date

"Today was another sad day for our fans, for arena workers, our parking lot attendants, our vendors."
UNION PRESIDENT DEREK FISHER

Commissioner David Stern gave NBA players an offer and a deadline: Accept a chance to earn up to 51 per cent of basketball-related income by Wednesday or get ready for a deal that's a whole lot worse.

He wouldn't call it an ultimatum, but it sure didn't sit well with the union.

"The players will not be intimidated," attorney Jeffrey Kessler said early yesterday after eight hours of negotiations stretched late into the night. "They want to play, they want a season, but they are not going to sacrifice the future of all NBA players under these types of threats of intimidation. It's not happening on Derek Fisher's watch; it's not happening on Billy Hunter's watch; it's not happening on the watch of this executive committee."

Kessler said the proposal was really 50.2 per cent for the players and called the chance of them ever reaching 51 per cent a "fraud."

If players don't agree to it by Wednesday, Stern said they would get a deal that would guarantee them just 47 per cent of BRI and call for a flex salary cap.

THE ASSOCIATED PRESS

Scan code for more sports news.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	15	9	3	1	2	45	34	21	4-1-1-0	5-2-0-2	6-3-0-1	W1
d-Toronto	14	9	4	1	0	45	46	19	5-1-1-0	4-3-0-0	6-4-0-0	L1
d-Washington	12	9	3	0	0	48	33	18	6-0-0-0	3-3-0-0	7-3-0-0	L1
Philadelphia	14	8	4	1	1	58	44	18	4-3-1-1	4-1-0-0	5-4-0-1	W1
Buffalo	13	8	5	0	0	36	28	16	3-4-0-0	5-1-0-0	6-4-0-0	W2
Tampa Bay	14	7	5	0	2	44	46	16	4-1-0-0	3-4-0-2	6-3-0-1	W2
NY Rangers	12	6	3	1	2	32	28	15	3-1-0-1	3-2-1-1	6-3-0-1	W3
Florida	13	6	4	0	3	34	36	15	2-1-0-3	4-3-0-0	4-3-0-3	L3
Ottawa	15	7	7	0	1	45	55	15	5-3-0-1	2-4-0-0	6-3-0-1	L3
New Jersey	12	6	5	0	1	30	34	13	3-2-0-1	3-3-0-0	5-3-0-1	W2
Carolina	14	5	6	2	1	35	47	13	3-3-0-1	2-3-2-0	4-4-1-1	L2
Winnipeg	13	5	6	1	1	35	42	12	2-2-0-0	3-4-1-1	5-3-1-1	L1
Montreal	13	5	6	1	1	34	36	12	2-3-1-1	3-3-0-0	4-4-1-1	L1
NY Islanders	11	4	5	1	1	23	29	10	4-3-1-0	0-2-0-1	4-4-1-1	W1
Boston	12	5	7	0	0	34	28	10	3-5-0-0	2-2-0-0	4-6-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	13	10	3	0	0	40	31	20	6-1-0-0	4-2-0-0	8-2-0-0	W3
d-Chicago	13	8	2	1	2	44	36	19	5-0-0-2	3-2-1-0	6-1-1-2	L1
d-Edmonton	13	8	3	0	2	30	22	18	5-1-0-1	3-2-0-1	7-2-0-1	L1
Minnesota	13	7	3	2	1	30	26	17	5-2-1-0	2-1-1-1	6-2-2-0	W4
Nashville	13	7	4	1	1	35	34	16	2-2-0-1	5-2-1-0	5-3-1-1	W2
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
San Jose	12	7	4	1	0	37	33	15	2-2-1-0	5-2-0-0	6-3-1-0	L1
Colorado	13	7	5	1	0	39	40	15	1-4-0-0	6-1-1-0	5-4-1-0	L2
Los Angeles	13	6	4	1	2	28	28	15	3-3-0-1	3-1-1-1	5-3-1-1	L4
Detroit	12	6	5	1	0	29	29	13	4-2-1-0	2-3-0-0	4-5-1-0	W1
Vancouver	14	6	7	0	1	39	42	13	3-2-0-1	3-5-0-0	5-5-0-0	L2
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
St. Louis	13	6	7	0	0	32	35	12	3-1-0-0	3-6-0-0	5-5-0-0	L1
Calgary	12	5	6	1	0	28	31	11	3-3-1-0	2-3-0-0	5-4-1-0	L1
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Dallas 5 Carolina 2
Tampa Bay 4 Florida 3 (SO)
Winnipeg at N.Y. Rangers
Vancouver at Chicago
Calgary at Colorado
Saturday's results
Boston 7 Toronto 0
Buffalo 3 Ottawa 2 (SO)
New Jersey 3 Winnipeg 2 (OT)
Phoenix 4 Edmonton 2
Nashville 4 San Jose 3 (OT)
N.Y. Rangers 5 Montreal 3
Detroit 5 Anaheim 0
Minnesota 2 St. Louis 1
N.Y. Islanders 5 Washington 3
Philadelphia 9 Columbus 2
Pittsburgh 3 Los Angeles 2 (SO)
Tonight's games
All Times Eastern
N.Y. Islanders at Boston, 7 p.m.
Los Angeles at San Jose, 10:30 p.m.
Tomorrow's games
Winnipeg at Buffalo, 7 p.m.
Florida at Toronto, 7 p.m.
Carolina at New Jersey, 7 p.m.
Dallas at Washington, 7 p.m.
Edmonton at Montreal, 7:30 p.m.
Colorado at Detroit, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Minnesota at Calgary, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.
Wednesday's games
N.Y. Rangers at Ottawa, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Nashville at Anaheim, 10 p.m.

SATURDAY

RANGERS 5, CANADIENS 3

First Period
1. N.Y. Rangers, Christensen 1 (Stepan, Gaborik) 4:57 (pp)
2. N.Y. Rangers, Girardi 2 (Anisimov, Christensen) 10:28
3. N.Y. Rangers, Del Zotto 2 (Stepan, Anisimov) 17:40
Penalties — Pacioretty Mtl (boarding) 1:24, Gill Mtl, Dubinsky NYR (roughing), Nokelainen Mtl, Sauer NYR (fighting, game misconduct), Blunden Mtl (interference, fighting), Montreal bench (too many men; served by Darche), R.Callahan NYR (fighting) 4:18, Desharnais Mtl (hooking) 8:21, Desharnais Mtl (tripping) 10:48.
Second Period
4. Montreal, Pacioretty 5 (Gionta, Plekanec) 0:24
5. Montreal, Kostitsyn 5 (Plekanec, Cammalleri) 12:20 (pp)
6. N.Y. Rangers, Richards 4 (Prust, Deveaux) 18:50
Penalties — Plekanec Mtl (hooking) 0:45, Gionta Mtl (high-sticking) 8:17, McDonagh NYR (holding) 10:40, Lundqvist NYR (holding; served by Fedotenko) 11:48, Weber Mtl (high-sticking) 14:56.
Third Period
7. Montreal, Gionta 3 (Spacek, Plekanec) 18:10
8. N.Y. Rangers, R.Callahan 6 (McDonagh, Dubinsky) 19:21 (en)
Penalty — Subban Mtl (unsportsmanlike conduct) 13:19.
Shots

Montreal	3	13	12	28
N.Y. Rangers	16	6	7	29

Goal — Montreal: Price (L,5-5-2); N.Y. Rangers: Lundqvist (W,4-3-3). **Power plays (goals-chances)** — Montreal: 1-2; N.Y. Rangers: 1-9.
Referees — Dean Morton, Tim Peel. **Linesmen** — Pierre Champoux, Jay Sharrers.
Att. — 18,200 (18,200) at New York.

BRUINS 7, MAPLE LEAFS 0

First Period
1. Boston, Seguin 5 (Peverley, Bergeron) 6:23 (pp)
Penalty — Crabb Tor (holding) 5:13.
Second Period
2. Boston, Seguin 6 (Bergeron) 0:34
3. Boston, Lucic 5 (Chara, Krejci) 0:42
4. Boston, Seguin 7 (Bergeron, Marchand) 15:01
5. Boston, Krejci 2 (Lucic, Ference) 15:15
Penalty — Lucic Bos (high-sticking) 15:44.
Third Period
6. Boston, Lucic 6 (Krejci) 5:44
7. Boston, Thornton 1, 6:12
Penalties — Krejci Bos (hooking) 3:28, Seguin Bos (high-sticking) 6:45, MacArthur Tor (slashing) 10:59, Caron Bos (roughing) 11:49, Campbell Bos, Komisarek Tor (misconduct) 16:52.
Shots

Boston	5	12	7	20
Toronto	7	12	6	25

Goal — Boston: Thomas (W,5-4-0) Toronto: Scrivens (L,1-1-0). **Power plays (goals-chances)** — Boston: 1-2; Toronto: 0-4.
Referees — Gord Dwyer, Kevin Pollock. **Linesmen** — Greg Devorski, Jena Morin.
Att. — 19,497 (18,819) at Toronto.

COYOTES 4, OILERS 2

First Period
No Scoring.
Penalty — Smid Edm (cross-checking) 7:14.
Second Period
1. Phoenix, Langkow 3 (Yandle, Smith) 4:44
2. Phoenix, Aucoin 1 (O'Sullivan) 17:58 (pp)
Penalties — Phoenix bench (too many men; served by Torres) 10:00, Smid Edm (interference) 16:25, Vrbata Pho (hooking) 19:28.
Third Period
3. Edmonton, Nugent-Hopkins 6 (Eberle, Smyth) 9:27
4. Phoenix, Gordon 2 (Ra.Whitney, Vrbata) 11:36
5. Edmonton, Peckham 1 (Teubert, Paajarvi) 13:47
6. Phoenix, Ra.Whitney 6 (Vrbata, Gordon) 19:49 (en)
Penalties — None.
Shots

Edmonton	11	3	12	26
Phoenix	15	8	7	30

Goal — Edmonton: Dubnyk (L,2-3-0); Phoenix: Smith (W,6-2-2). **Power plays (goals-chances)** — Edmonton: 0-2; Phoenix: 1-2.
Referees — Dennis LaRue, Brad Meier. **Linesmen** — Michel Cormier, Mark Wheler.
Att. — 13,381 (17,135) at Glendale, Ariz.

DEVILS 3, JETS 2 (OT)

First Period
No Scoring.
Penalties — Elias NJ (cross-checking) 11:54, Thorburn Wpg, Fraser NJ (fighting) 15:42.
Second Period
1. New Jersey, Elias 6 (Zubrus, Salvador) 4:08
2. New Jersey, Henrique 2 (Parise) 12:59
Penalties — Volchenkov NJ (hooking) 15:33, Byfuglien Wpg (tripping) 16:26.
Third Period
3. Winnipeg, Flood 1 (Byfuglien) 6:43
4. Winnipeg, Slater 5 (Flood, Byfuglien) 17:15
Penalties — Clarkson NJ (tripping) 10:50, Kane Wpg (hooking) 19:12.
Overtime
5. New Jersey, Henrique 3 (Parise, Larsson) 1:28
Penalties — None.
Shots

Winnipeg	8	7	8	0—23
New Jersey	9	6	8	5—28

Goal — Winnipeg: Pavelec (L,4-4-2); New Jersey: Brodeur (W,1-2-0). **Power plays (goals-chances)** — Winnipeg: 0-3; New Jersey: 0-2.
Referees — Steve Kozari, Dan O'Halloran.
Linesmen — Derek Amell, Brian Murphy.
Att. — 14,952 (17,625) at Newark, N.J.

NFL

WEEK NINE

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	222	184
N.Y. Jets	5	3	0	.625	199	163
Buffalo	5	3	0	.625	222	174
Miami	1	7	0	.125	138	169
SOUTH						
Houston	6	3	0	.667	236	157
Tennessee	4	4	0	.500	156	169
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	9	0	.000	128	283
NORTH						
Cincinnati	6	2	0	.750	195	140
Pittsburgh	6	2	0	.750	176	139
Baltimore	5	2	0	.714	185	110
Cleveland	3	5	0	.375	119	170
WEST						
Kansas City	4	4	0	.500	131	201
San Diego	4	4	0	.500	199	204
Oakland	4	4	0	.500	184	216
Denver	3	5	0	.375	171	224

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	198	184
Dallas	4	4	0	.500	179	175
Philadelphia	3	4	0	.429	179	152
Washington	3	5	0	.375	127	158
SOUTH						
New Orleans	6	3	0	.667	287	205
Atlanta	5	3	0	.625	189	170
Tampa Bay	4	4	0	.500	147	196
Carolina	2	6	0	.250	187	207
NORTH						
Green Bay	8	0	0	1.000	275	179
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199
WEST						
San Francisco	7	1	0	.875	206	118
Seattle	2	6	0	.250	122	185
Arizona	2	6	0	.250	162	196
St. Louis	1	7	0	.125	100	211

Byes: Carolina, Detroit, Jacksonville, Minnesota
Yesterday's results
Dallas 23 Seattle 13
Miami 31 Kansas City 3
New Orleans 27 Tampa Bay 16
Houston 30 Cleveland 12
San Francisco 19 Washington 11
N.Y. Jets 27 Buffalo 11
Atlanta 31 Indianapolis 7
Denver 38 Oakland 24
Cincinnati 24 Tennessee 17
Green Bay 45 San Diego 38
Arizona 19 St. Louis 13 (OT)
N.Y. Giants 24 New England 20
Baltimore at Pittsburgh
Tonight's game
All Times Eastern
Chicago at Philadelphia, 8:30 p.m.

WEEK 10

Thursday, Nov. 10
Oakland at San Diego, 8:20 p.m.
Sunday, Nov. 13
Buffalo at Dallas, 1 p.m.
Denver at Kansas City, 1 p.m.
Washington at Miami, 1 p.m.
St. Louis at Cleveland, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Tennessee at Carolina, 1 p.m.
Pittsburgh at Cincinnati, 1 p.m.
Houston at Tampa Bay, 1 p.m.
New Orleans at Atlanta, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
Baltimore at Seattle, 4:05 p.m.
N.Y. Giants at San Francisco, 4:15 p.m.
Detroit at Chicago, 4:15 p.m.
New England at N.Y. Jets, 8:20 p.m.
Monday, Nov. 14
Minnesota at Green Bay, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Winnipeg	18	10	8	0	432	432	20
x-Montreal	18	10	8	0	515	468	20
x-Hamilton	18	8	10	0	481	478	16
Toronto	18	6	12	0	397	498	12
WEST DIVISION							
y-B.C.	18	11	7	0	511	385	22
x-Edmonton	18	11	7	0	427	401	22
x-Calgary	18	11	7	0	511	476	22
Saskatchewan	18	5	13	0	346	482	10

x — clinched playoff berth; **y** — clinched division.
Saturday's results
B.C. 43 Montreal 1
Calgary 30 Winnipeg 24
Friday's result
Edmonton 23 Saskatchewan 20
Thursday's result
Toronto 33 Hamilton 16
END OF REGULAR SEASON

PLAYOFFS

All Times Eastern

DIVISION SEMIFINALS

Sunday, Nov. 13
EAST
Bye: Winnipeg
Hamilton at Montreal, 1 p.m.
WEST
Bye: B.C.
Calgary at Edmonton, 4:30 p.m.

SATURDAY

STAMPEDERS 30, BOMBERS 24

First Quarter
Cal — FG Paredes 47 2:50
Cal — TD Cornish 4 run (Paredes convert) 11:04
Cal — TD Rambo 11 pass from Tate (Paredes convert) 15:00
Second Quarter
Cal — TD Burris 1 run (Paredes convert) 7:09
Wpg — TD Garrett 2 run (Palardy convert) 11:23
Wpg — TD Denmark 18 pass from Brink (Palardy convert) 14:17
Wpg — FG Palardy 39 14:42
Third Quarter
Cal — FG Paredes 44 8:33
Fourth Quarter
Wpg — TD Brink 1 run (Palardy convert) 3:58
Cal — FG Paredes 37 8:16

Winnipeg	**0**	**17**	**0**	**7**	**24**
Calgary	**17**	**7**	**3**	**3**	**30**

Attendance — 29,076 at Calgary.

LIONS 43, ALOUETTES 1

First Quarter
Mtl — Single Whyte 64 4:49
B.C. — TD Harris 11 pass from Lulay (McCallum convert) 8:05
B.C. — TD Harris 33 pass from Lulay (McCallum convert) 11:14
Second Quarter
B.C. — TD Gore 7 pass from Lulay (McCallum convert) 6:57
B.C. — FG McCallum 27 13:35
Third Quarter
B.C. — TD Harris 7 pass from Lulay (McCallum convert) 3:38
B.C. — FG McCallum 38 10:31
Fourth Quarter
B.C. — FG McCallum 32 0:13
B.C. — FG McCallum 18 6:05
B.C. — FG McCallum 32 13:53

Montreal	**1**	**0**	**0**	**0**	**1**
B.C.	**14**	**10**	**10**	**9**	**43**

Attendance — 35,454 at Vancouver.

SOCCER

MLS PLAYOFFS

EASTERN CONFERENCE FINAL

Yesterday's result
Houston 2 Kansas City 0

WESTERN CONFERENCE FINAL

Last night's result
Real Salt Lake at Los Angeles

MLS CUP

Sunday, Nov. 20
At Carson, Calif.
Houston vs. Real Salt Lake/Los Angeles, 9 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	11	10	1	0	39	10	31
Manchester United	11	8	2	1	28	12	26
Newcastle	11	7	4	0	17	8	25
Chelsea	11	7	1	3	24	15	22
Tottenham	10	7	1	2	21	15	22
Liverpool	11	5	4	2	14	10	19
Arsenal	11	6	1	4	23	21	19
Aston Villa	11	3	6	2	16	15	15
Norwich	11	3	4	4	16	18	13
Swansea	11	3	4	4	12	15	13
QPR	11	3	3	5	10	20	12
Stoke	11	3	3	5	8	19	12
Wolverhampton	11	3	2	6	12	18	11
West Brom	11	3	2	6	9	16	11
Sunderland	11	2	4	5	14	13	10
Fulham	11	2	4	5	14	15	10
Everton	10	3	1	6	11	15	10
Bolton	11	3	0	8	18	27	9
Blackburn	11	1	3	7	13	24	6
Wigan	11	1	2	8	7	20	5

Yesterday's results
Wolverhampton Wanderers 3 Wigan 1
Bolton 5 Stoke 0
Fulham 1 Tottenham 3
Saturday's results
Arsenal 3 West Bromwich Albion 0
Aston Villa 3 Norwich 2
Blackburn 0 Chelsea 1
Liverpool 0 Swansea 0
Manchester United 1 Sunderland 0
Newcastle 2 Everton 1
Queens Park Rangers 2 Manchester City 3

TENNIS

ATP VALENCIA OPEN 500

At Valencia, Spain
Singles — Championship
Marcel Granollers, Spain, def. Juan Monaco, Argentina, 6-2, 4-6, 7-6 (3).
Doubles — Championship
Bob and Mike Bryan (1), U.S., def. Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, 6-4, 7-6 (9).

ATP DAVIDOFF SWISS INDOORS

At Basel, Switzerland
Singles — Championship
Roger Federer (3), Switzerland, def. Kei Nishikori, Japan, 6-1, 6-3.
Doubles — Championship
Michael Lodra, France, and Nenad Zimonjic (1), Serbia, vs. Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, 6-4, 7-5.

WTA COMMONWEALTH BANK TOURNAMENT OF CHAMPIONS

At Nusa Dua, Indonesia
Singles — Championship
Ana Ivanovic, Serbia, def. Anabel Medina Garrigues, Spain, 6-3, 6-0.

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Public Auctions

Public Auctions

CHRISTMAS AUCTION SALE: Saturday, November 12, 2011 9:00 a.m.
Sale being held at: Rideau Auctions Inc.
Corner of County Road 31 & 43 - Winchester, ON

Electronics: Gigaset phone; HP Touch pad; Monsterbeats headphones; Nikon D5000 Camera; Nikon Coolpix S3000; Nikon Coolpix L120; Digital camera; Xbox games; PS2&PS3 games; music play accessory pack; Wii slapshot stick; Hanna Montana speakers; printers; battery charger; HDTV cables; digital photo frames; speaker system for Ipod; **Housewares:** microwave; food saver; ice luges; dishes; gravy boats; glasses; mugs; beverage dispenser; 10 piece roaster; platters; salt & pepper shakers; paper towel holder; water bottles; sewing machine; humidifier; irons; picnic backpack; **Gift Shop Items:** collector plates; Cherished Teddies figurines; Precious Moments figurines; pictures; hockey figurines; candles; gift wrap; **Beauty Supplies:** baby wipes; shampoo; conditioner; baby wash; baby lotion; sport wipes; grooming systems **Linens:** sheet sets; blankets; tablecloths; placemats; curtains; crib sets; **Christmas Items:** Disney wrapping paper; musical santa; musical chime clock; trees; ornaments; bows; napkins; night lights; candle holders; throws; cards; garland; poinsettia; socks; **Furniture:** 7 pc dining room set; Frigidaire fridge; electronic fireplace; computer desk; ottoman; Academy desk; 5 pc dining room set; bar stools; accent chairs; deacon benches; 3 pc dining room set; lamps; decorative mirrors; head boards various sizes; mirrors; hutch; bistro set; round table & 4 chairs; accent chair; lounge chair pads; futon; fridge; New & used appliances - **Misc. Items:** Men's & ladies watches; Royal Doulton Figurine; shower enclosure; toilet; bathtub; vanity; Granite fusion sink; 7 pc patio set; laundry sink; elliptical trainer; decorative glass door lites; fountains; exercise bike; spa; slate stones; mattress; picture frames; wireless security system; dimmer switches; wreaths; lamps; wagon planter; deck tiles; sleeping bags; lawn chairs; open signs; marine safety kits; stadium seats; air conditioners; coolers; garbage can; soap dish; toothbrush holders; draft protectors; motorcycle covers; bike rack & trailer; anniversary clocks; jewelry boxes; jewelry; rugs; pool stuff; camping items; luggage; solar lights; snow brushes; roller blades; steering wheel covers; car wax; cd organizer; drill sets; seat covers; shop vac; fishing stuff; compressor; bikes
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Other

Other

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www.navanartscraftsgroup.ca

Spiritual

MEMORIAL MASS
SAINT ISIDORE PARISH
Saturday November 12 at 5:00 pm
You are invited to this mass, as we remember our loved ones who have died this past year. If you wish to place a candle on the altar in remembrance.....

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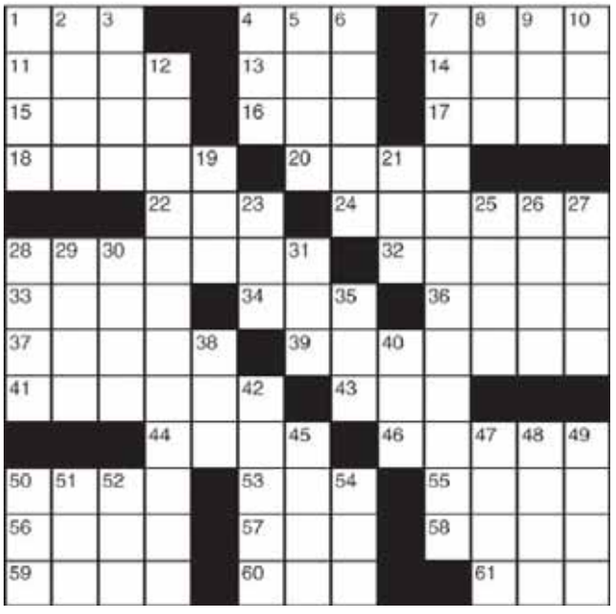
Crossword



Across
1 Wrigley product
4 Cleopatra's snake
7 Highway
11 From the start
13 Zero
14 Loosen
15 Peru's capital
16 Genetic evidence
17 Gas in signs
18 Coral ring
20 Potter's oven
22 Youngster
24 Rid of frost
28 Custodian
32 Battery terminal
33 Prayer ending
34 Card player's call
36 Stefani Germanotta, a.k.a. Lady —
37 Neighbor of Leo and Libra
39 Klutz
41 Makes sense
43 Chinese "way"
44 Jog
46 Peppermint —
50 Bamako's country
53 Knight's address
55 Comical Caroline
56 Grand story
57 Anger
58 Sketch
59 Tech whiz
60 Danson or Nugent
61 Coffee vessel

Down
1 Big party
2 Troop group
3 Note
4 Moreover
5 Go under
6 Tartan pattern
7 Feature near the door of a really old car
8 Indivisible
9 Commotion
10 Get dressed in
12 Cane
19 Torched
21 Meadow
23 Pooch
25 Furnace fuel
26 Rim
27 Darling
28 Coffee, slangily
29 Surrounded by
30 Uncool sort
31 Cage component
35 Pecan or almond
38 "— Town"
40 Atlas page
42 Suggest
45 Grow weary
47 By way of, for short
48 Rip
49 Show boredom
50 "Family Guy" daughter
51 Gorilla
52 Whopper
54 Crimson

▶ Yesterday's answer

B	A	S	I	C		I	S	M
A	L	A	M	O		N	E	O
H	E	M	A	N		S	A	M
		O	M	E	L	E	T	
J	O	Y		S	A	C		T
I	D	E	A		S	T	A	I
M	E	D	D	L	E		U	N
			A	I	R	E	D	
W	E	D	G	E		X	I	I
A	M	O	I		D	E	T	A
S	A	M	O	V	A	R		I
T	I	E		A	N	T		S
E	L	D		N	A	S		H

F	D	A		I	S	M		F
E	R	R		N	E	O		E
A	N	I		S	A	M	U	R
S	A	W	S		T	E	M	
E		T	U	L	L		A	C
R		S	T	A	I	R		
N	E	S	C	O		U	N	E
D		R	A	I	D		E	R
M	A	D		M	I	X		G
P		O	P		T	A	R	E
W		N	L	A	W		O	V
N	T		S	C	E	N	T	
S		H	E	R	D	S		

Sudoku

		3	4					
8		2						
	9			1			3	8
7					3	2	1	
		1		9		4		
	6	5	1					7
9	7			6			4	
						3		9
					5	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	9	6	3	5	1	8	2	4
1	2	3	8	6	4	9	5	7
8	4	5	2	7	9	1	3	6
5	3	2	6	8	7	4	1	9
6	1	9	4	2	3	7	8	5
4	8	7	9	1	5	3	6	2
9	5	4	1	3	6	2	7	8
3	6	8	7	4	2	5	9	1
2	7	1	5	9	8	6	4	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

King
You were fabulous Saturday afternoon. Who wouldn't adore you after a performance like THAT? **FROM YOUR #1 ADMIRER**

Laura Aly Moya
Seeing your beautiful face everyday drives me crazy! Your beautiful smile, your beautiful brown eyes, and your amazing personality. If you would give me a chance I'd be the luckiest guy ever... So , here I go ! Laura , will you be mine ? :$
FROM CESAR

Jory
Hey babe just want u to know i love u more than anything in the world.I also want to wish u a happy birthday. looking forward to a future with u in it. :)
FROM HEHE:)

lalala...
love ya, miss ya, kiss ya :)
FR

Today 13°/3° Variable
Tuesday 12°/6° Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There is every possibility that you will come up with an idea that could change your life today.

♉ Taurus April 21-May 21 Don't be scared to blow your own trumpet this coming week.

♊ Gemini May 22-June 21 If there is something important that you need to say then say it now.

♋ Cancer June 22-July 22 You will be much more confident about your ideas over the next few days.

♌ Leo July 23-Aug.23 You need to be more open about your thoughts and feelings, especially if you are the kind of Leo who likes to project an image of self-control.

♍ Virgo Aug. 24- Sept. 22 You will find it easy to win friends and influence people today.

♎ Libra Sept. 23-Oct. 23 You have been worrying about your money situation for no good reason.

♏ Scorpio Oct. 24-Nov. 22 Speak up and let employers and other important people know what you think about what's been going on, both in your work place and in the wider world.

♐ Sagittarius Nov. 23-Dec. 21 There is a time and a place for work and a time and a place for play and the two should be kept as far apart as possible today.

♑ Capricorn Dec. 22-Jan. 20 Find something positive to say about everyone you meet.

♒ Aquarius Jan. 21-Feb. 18 No matter how difficult the challenges you have to face this coming week you will overcome them with ease.

♓ Pisces Feb. 19-March 20. Say what is on your mind, even at the risk of offending people.

SALLY BROMPTON

Caption contest

ROB GRIFFITH/ THE ASSOCIATED PRESS

ITSUO INOUYE/ THE ASSOCIATED PRESS

WIN!

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- st: 32051
- km: 62079

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- st: 32834
- km: 80397

$17,950
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08 Benz B200
- Loaded, A/C, Auto, roof
- st: 32353
- km: 66500

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$163** Bi-weekly

06 LandRover LR3 SE
- Loaded, Lthr, Roof, Auto
- st: 32692
- km: 57516

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$233* Bi-weekly

09 BMW 323i
- Loaded, A/C, Roof, Lthr, Auto
- st: 32928
- km: 46617

$25,850
$200*** Bi-weekly

09 Toyota Venza
- AWD, Loaded, A/C, Auto,Roof
- st: 31787
- km: 22487

$26,850
$208*** Bi-weekly

08 Lexus IS 250
- Loaded, A/C, Auto
- st: 32790
- km: 55516

$21,850
$191** Bi-weekly

08 LandRover LR2 SE
- Loaded, Roof, Lthr, Auto
- st: 32103
- km: 82605

$21,870
$192** Bi-weekly

09 Lexus RX350
- AWD, Loaded, Lthr, Roof, Auto
- st: 32858
- km: 45574

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$247*** Bi-weekly

08 Benz C300
- 4matic, AWD, Loaded, Roof, Lthr
- st: 33099
- km: 79995

$26,840
$235** Bi-weekly

08 BMW 128i
- Loaded, A/C, Roof, Lthr, Auto
- st: 33071
- km: 78474

$21,870
$192** Bi-weekly

07 Benz ML320
- Diesel,AWD,NAV, Roof, Lthr
- st: 32168
- km: 72545

$34,680
$304** Bi-weekly

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11 Mazda2
- Loaded, A/C, Auto, Brand New
- st: 32649
- km: 30

$16,950
$137*** Bi-weekly

09 Kia Spectra LX
- Loaded, A/C, Auto
- st: 31179
- km: 55680

$9,980
$81*** Bi-weekly

09 Nissan Versa
- Loaded, A/C, Auto
- st: 32887-A
- km: 79501

$10,950
$89*** Bi-weekly

11 Mazda3 GX
- Loaded, A/C, Auto
- st: 32978
- km: 29356

$15,950
$129*** Bi-weekly

07 Toyota Yaris
- Std
- st: 33035
- km: 77475

$7,350
$67** Bi-weekly

10 Kia Soul
- Loaded, A/C, Roof, Auto
- st: 32895
- km: 53986

$16,650
$134*** Bi-weekly

09 Kia Rio
- Loaded, A/C, Auto
- st: 32437
- km: 63588

$9,820
$79*** Bi-weekly

07 Hyundai Accent
- Loaded, A/C, Auto
- st: 32548
- km: 99490

$6,940
$63** Bi-weekly

10 Honda Civic
- Loaded, A/C, Auto
- st: 33011
- km: 51599

$14,950
$121*** Bi-weekly

11 Suzuki Swift
- Loaded, A/C, Auto
- st: 32804
- km: 24243

$11,960
$97*** Bi-weekly

10 Hyundai Elantra
- Loaded, A/C, Auto
- st: 32888
- km: 68807

$12,890
$104*** Bi-weekly

10 Honda Insight Hybrid
- Loaded, A/C, Auto
- st: 31958
- km: 53737

$18,800
$152** Bi-weekly

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07 VOLVO V50
LOADED, A/C, AUTO • 72601km
st:32108 • **$16,940** • bw:$154**

08 ROGUE S
LOADED, A/C • 60408km
st:32998 • **$15,840** • bw:$144**

11 FRONTIER 4X4
LOADED, A/C, AUTO • 17768km
st:32724 • **$29,980** • bw:$232***

08 ACCORD
LOADED, A/C • 105003km
st:32995 • **$13,750** • bw:$125**

08 SANTA FE GLS AWD
LOADED, A/C, AUTO • 92401km
st:33044 • **$14,950** • bw:$136**

09 FORD RANGER SPORT
4X4, LOADED, A/C, AUTO • km:27389
st:32615 • **$17,650** • bw:$143**

11 SONATA
LOADED, A/C, AUTO • 56556km
st:32771 • **$17,950** • bw:$145***

11 PATHFINDER
LOADED, A/C, AUTO • 27056km
st:32697 • **$28,970** • bw:$224***

07 UPLANDER LS
LOADED, A/C • 90245km
st:31512 • **$8,950** • bw:$82**

10 GR.CARAVAN SE
STOW N GO, LOADED, A/C • 62166km
st:32867 • **$15,950** • bw:$129***

10 FUSION SE
LOADED, A/C, AUTO• 66478km
st:32783 • **$15,750** • bw:$127**

10 PATRIOT 4WD
LOADED, A/C, AUTO • 59739km
st:32942 • **$15,950** • bw:$129***

10 COROLLA CE
LOADED, A/C, AUTO • 62483km
st:32949 • **$13,850** • bw:$112***

07 MAZDA CX-7
LOADED, A/C, ROOF, AUTO • 79946km
st:32910 • **$16,980** • bw:$143**

10 LANCER
LOADED, A/C, AUTO • 39030km
st:32971 • **$14,850** • bw:$120***

07 TOYOTA RAV4 4WD
LOADED, A/C, AUTO • 94969km
st:32215 • **$16,840** • bw:$153**

08 LIBERTY NORTH EDITION 4WD
3.7L, LOADED, A/C • 42002km
st:11146-A • **$16,950** • bw:$154**

11 ESCAPE XLT
LOADED, ROOF, LTHR, AUTO • 13484km
st:33086 • **$22,750** • bw:$176***

10 MATRIX
LOADED, A/C, AUTO • 61657km
st:32449 • **$14,950** • bw:$121***

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 65580km
st:33061 • **$12,450** • bw:$101***

08 SATURN VUE XR AWD
LOADED, A/C, AUTO • 60545km
st:32194 • **$16,410** • bw:$149***

07 VOLVO XC70 AWD
LOADED, A/C, AUTO, LEATHER • 112608km st:32911 • **$16,980** • bw:$155**

10 ALTIMA 2.5S
LOADED, A/C, AUTO • 75294km
st:32443 • **$14,950** • bw:$121***

08 GOLF CITY
LOADED, A/C • 80358km
st:32956-A • **$9,850** • bw:$90**

10 KIA FORTE LX
LOADED, A/C, AUTO • 53397km
st:32894 • **$13,450** • bw:$109**

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